THE FREE WFT LY also available online Lakes, Bay & Region · March 17 2018

QUEENSLAND TO STRENGTHEN SECURITY MEASURES WITH FUTURISTIC BIOMETRIC FACE

LEONIE ON: I CAN'T CONTROL MY TEMPER OR MY LANGUAGE WITH MY EX

WINICASH PRIZES IN OUR EASTER COLOURING COMP!





Harvey Norman

ROTHWELL

Your one stop shop for all your home needs!

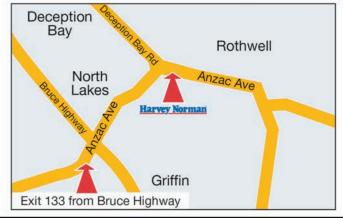
FREE PARKING EASY ACCESS

REE KING, SY ESS



CLOSEST STORE TO SERVICE:

Redcliffe, Rothwell, Deception Bay, Scarborough, Clontarf, Woody Point, Narangba, North Lakes, Kallangur, Griffin, Murrumba Downs, Petrie, Mango Hill



• ELECTRICAL • COMPUTERS • FURNITURE • BEDDING • FLOORING

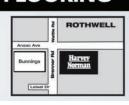
Harvey Norman SHOP WITH CONFIDENCE

ROTHWELL

439-443 Anzac Avenue, 3897 8800

harveynorman.com.au





EXCITING NEW PRODUCTS

AVAILABLE AT HARVEY NORMAN ROTHWELL







HUGE RANGE OF FRIDGES INSTORE











Samsung Family Hub 2.0 634L Flat French-Door Fridge. H177.7 x W90.8 x D74.2cm. SRF630BFH2





ALWAYS THE LATEST TECHNOLOGY

\$3461 LG 16kg Washer/ 9kg Dryer Combo with 2.5kg MiniWasher. With LG's TWINWash™, you can put that small, urgent load on whenever it comes up, or wash those delicates at the same time as your main laundry load. WELS 4 stars, 164L/wash on Cotton 40°C programme. TWIN171216T

LG





ROTHWELL

439-443 ANZAC AVENUE, CALL 3897 8800 OR VISIT HARVEYNORMAN.COM.AU



Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.

ABN 129 5493 7979.

ADVERTISING

For all advertising rates, specifications, templates conditions and bookings please contact our advertising department on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email:

adz@northlakesmessenger.com.au

Please note:

- Business hours are week days 9am to 5 pm.
- · All advertising is to be pre-paid.
- Advertising deadline is 12 midday Wednesday one week prior. Incomplete art due Tuesday midday one week prior.

Payments

Payments or accounts please call Nick on **1300 300 608** Monday to Thursday or email: accounts@northlakesmessenger.com.au

Credit Cards & Direct Deposit:

Bank of Queensland

BSB: 124185 A/C: 20169347

Cheques:

PO Box 127 North Lakes, QLD 4509

NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

DISTRIBUTION/DELIVERIES/REQUEST COPIES

For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:

distribution@northlakesmessenger.com.au

OTHER CONTACTS

For the Community Notice Board and Your Say please email: **community@northlakesmessenger.com.au** observing the requisites and disclaimers printed on their relevant pages.

DISCLAIMER

Not all opinions expressed in this publication are necessarily those of the publishers. No responsibility is taken by the Messenger for any errors, misleading information or the validity of the advertising content. The articles, information and anecdotes are not necessarily the original work of the editor or writers.

INDEMNITY

By advertising or submitting with the Messenger you agree to indemnify the publication, its staff and owners, against any claims.

The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.





Are your children engaged in the classroom? NEED A NEW APPROACH?

SEE OUR APPROACH AT OUR

OPEN DAY

KINDERGARTEN - YEAR 6

12 MARCH 2018, 4pm - 6pm REGISTER VIA OUR WEBSITE



OOH

LA

I A!

Films à la carte at the 2018 Alliance Française French Film Festival



The annual Brisbane French film festival is now in full swing, having launched last Thursday with a screening of *C'est la vie!* (more below).

The 29th Alliance Française French Film Festival offers something for everyone. From fans of film, to Francophiles, to aficionados, the program is populated with award-winners, classics-to-be, local screen premieres, family favourites. There's a host of outstanding dramas, love stories, comedies, historic epics and tales of self-discovery that will engage and delight the most discerning cinephile.



If you missed Thursday's launch screening of C'est la vie! a comedy by dynamic directorial duo behind the 2011 smash The Intouchables – It runs right throughout the festival at both venues and is one not to miss. Starring the inimitable Jean-Pierre Bacri – in a role penned especially for

him - as Max, a famed, but cantankerous caterer and event organiser is tasked with creating a fairytale wedding at a sumptuous 17th century château. Saddled with a hopelessly inept assortment of staff, his pragmatic mantra, "We need to adapt," is thouroughly tested, as his meticulously planned event threatens to descend into comic farce.



Closing night audiences will be treated to 50 Is the New 30 (Marie-Francine), a Valentine to new beginnings, that won many hearts at the French box-office. In this endearing rom-com, the multi-talented Valérie Lemercier (Royal Palace!, The Visitors) enchants as Marie-Francine, a 50 year-old at life's crossroads.

Abandoned by her husband for a younger woman in the same week that she loses her job, she reluctantly returns to live with her kind, but over-bearing parents, who convince her to open an e-cigarette boutique, where romance beckons in the form of Miguel (Patrick Timsit), a neighbouring chef.

The 29th Alliance Française French Film Festival - the biggest French film fest outside of France - runs until April 4 at both Palace cinemas in Brisbane, Place Barracks and Palace Centro. The full program plans to entice audiences with a fine selection of 47 features, two documentaries and a cheeky Parisian TV series, which showcase the passion, artistry and dazzling diversity of contemporary French cinema.

Aussie film critic extraordinaire David Stratton has cast his finely tuned eye at some of the French flicks, which you can view at www.affrenchfilmfestival.org/reviews

For more info, full program, synopses and ticketing visit www.affrenchfilmfestival.org/

SOME MORE HIGHLIGHTS FROM THE FESTIVAL BACK TO BURGUNDY (Ce qui nous lie)

Learning of his father's imminent death, Jean returns to his family's vineyard where over the course of a year, he and his siblings put aside their lingering resentments and strive to maintain their father's legacy against all expectations.

BLOODY MILK (Petit paysan)

When lonesome dairy farmer, Pierre, learns that a deadly virus has infected one of his much-loved herd, he attempts to hide the outbreak from the authorities, vowing to save them - even if it means resorting to drastic and irreversible measures. Winner of Best First Feature at the 2017 Philadelphia Film Festival.

CUSTODY (Jusqu'à la garde)

Ccritically acclaimed debut drama - winner of major awards at the recent Venice and Zurich Film Festivals along with the Sebastián and Palm Springs International Film Festivals - is a heart-stopping tale that follows a family's disintegration following an acrimonious divorce.



GAUGUIN (Gauguin - Voyage de Tahiti)

On self-imposed exile in Tahiti, painter Paul Gauguin seeks to rediscover his art, as a free man, far removed from the civilized restraints of 1890s Europe, and in doing so discovers the woman who becomes his muse and inspires his greatest paintings.

PARIS ETC. (Special TV Series Presentation)

Amidst the backdrop of Paris, this thoroughly entertaining television series takes a cheeky foray in the daily lives of five Parisian women, experiencing their hopes, dreams, frustrations, friendships and the different ways in which they each seek love. The Festival will be screening the first three 30-minute episodes of season one.



ROCK'N ROLL

In this droll comedy, Guillaume Canet, married to real-life partner, Marion Cotillard, leads a happy and fulfilling life. But when a chance remark leads him to feel that he has lost his sex appeal, he embarks upon on an ego trip into the ridiculous.

SEE YOU UP THERE (Au revoir là-haut)

In this compelling, widely acclaimed drama, two survivors of the trenches, a brilliant, but horribly disfigured designer who hides behind elaborate masks, and a humble accountant, embark upon a dangerous, but spectacular scam, selling phony war memorials In 1920s France.

The Messenger would like to apologise to our readers for a printer error which was placed on **page 19** of our **March 10 edition**.

Through no fault of their own, Anzac Avenue Denture Clinic's advertisement in the March 10 edition was incorrect and the offer stated in that advertisement is not valid.

Anzac Avenue Denture Clinic have moved to a new address

119 Anzac Ave Redcliffe

Phone 3883 2400



anzacavenuedentureclinic.com



Make your pool sparkle this summer. We provide professional advice on all chemicals, equipment and spare part needs. Come in and check out our new premises at

M Space - Unit 1/88 Flinders Pde North Lakes.

Like us on facebook for all our regular updates North Brisbane Pool Care



Weekly, fortnightly or monthly servicing.

Book what suits you!

ASTRALPOOL A



Phone Duane Hoey

Shop Hours

Mon-Fri 8.30am-5.30pm • Sat 8am-2pm • Sun 9am-1pm

www.northbrisbanepoolcare.com.au e: info@northbrisbanepoolcare.com.au



Every Easter we run a colouring competition just for kids and 2018 is no different. Well, there's one difference - we'll ask you to download the colouring page from our website and print it out to enter. You can find the PDF at www.northlakesmessenger.com.au

This year we have 3x \$100 cash prizes to win.

So kids, print the page from our website, grab your colouring and decorating gear and show us some colour! The most creative entry from each age group will win!

There are three age groups and a \$100 winner will be selected from each. The age groups are: 3-5, 6-9 and 10-13.

Get your entries in by Friday March 30. Don't forget to put your details in the space provided, and good luck!



Privacy: The Messenger complies with the Australian Privacy Act 1988 in sateguarding your privacy.

Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated, or distributed in any way.



Westfield North Lakes

Woolworths end, opposite Dymocks www.eyetoeyeoptometry.com.au

Ph: 3482 3766



ONE HOUR SERVICE ON SINGLE VISION LENSES

OPEN SUNDAYS 10AM -3PM BY APPOINTMENT





URGENT WOOLLIES RECALL

Woolworths is recalling Macro Natural Sunflower Kernels 500g (ID 355131) Best before: 20 FEB 19 sold in Woolworths Supermarkets.

The product is being recalled due to the presence of undeclared allergen treenuts walnut, which for some people can have a severe allergic reaction. This means the product is a possible health risk for anyone with an allergy or intolerance to walnut.

Consumers should return the product to their nearest Woolworths Supermarket for a full refund. Any customers concerned about their health should seek medical advice.

Customers should note that this recall applies to the above product with best before date 20 FEB 2019 and no other products are affected by this recall.

Woolworths takes product safety seriously and apologises for any inconvenience caused by this recall. Customers can call the toll-free customer service number for more information on 1800 103 515.

Keep up to date with consumer recalls viawww. productsafety.gov.au/recalls

NEW MEMORIAL FOR FALLEN POLICE

The Brisbane Botanical Gardens will be home to a new memorial in honour of Queensland Police Service's (QPS) 145 fallen officers.

Several locations in Brisbane were considered

for the memorial, but the gardens were eventually chosen as a peaceful place easily accessible to family and friends of fallen officers.

Police Minister Mark Ryan said the Oueensland Police Service Academy was currently home to a temporary memorial in honour of the Queensland police officers who gave their lives in the performance of their duty or during active service in the First World War.

The names of the 145 fallen police will appear on the memorial," he said.

"We the police union came up with the idea and built the original memorial on George Street and this new location in the Botanic Gardens is also symbolic for us as it is in the vicinity of the first police station in Queensland.

Each year prior to the official remembrance celebrations held on September 29, the QPS honours its fallen officers by conducting a candlelight vigil at the site of the memorial. These commemorative actions allow family members, colleagues and the community to pay respect and honour those officers.

LOCAL DISABILITY ACCESS AND INCLUSION - HAVE YOUR SAY

Moreton Bay Regional Council is inviting local residents to view the region's draft Disability Access and Inclusion Plan and provide their feedback on the draft plan available online and from council's customer service centres.





Why choose ethos?

- · Children and teen orthodontic specialists
- · Highly skilled team
- · Superior treatment options
- · Flexible appointment times and payment plans
- · Relaxing treatment environment
- 10 convenient locations



Local disability advocate Elisha Wright encouraged the community to have their say on the draft plan.

"It's now up to the people who will be affected by this plan to speak up and give any feedback they may have about the draft. Then it's up to the community to put these words into action. It's been a long time coming but finally the people of the Moreton Bay Region can see what they should expect in a community that is both accessible and inclusive," Ms Wright said.

To have your say go to: www.moretonbay.qld. gov.au/disability-access/ or contact council on 3205 0555 for assistance. Survey closes 29 March.

LOCAL PARA-SNOWBOARDER TO REPRESENT AUSTRALIA IN THE WINTER PARALYMPIC GAMES

Simon Patmore from Carseldine will be one of the 13 athletes representing Australia in the 2018 Winter Paralympic Games in PyeongChang, South Korea

Luke Howarth MP, Federal Member for Petrie said "I look forward to watching Simon compete and wish him and the Australian team all the best – I know they will make us proud."

"Australia has been represented by talented athletes at every Winter Paralympics to date and has a rich and successful history, including 30 medals; 11 of them gold."

Australia's athletes will compete in alpine skiing

and snowboarding. They will be led by team captains, World Champion skier Mitch Gourley and multiple World Cup-winning snowboarder Joany Badenhorst.

"Special thanks to the Australian Paralympic Committee, Ski & Snowboard Australia and Disabled Wintersport Australia for supporting and preparing our Winter Paralympic athletes for the upcoming games – they have all done a terrific job," Luke Howarth MP said.

Almost 700 athletes from 50 countries are expected to compete at the PyeongChang Paralympic Winter Games, staged from March 9–18 2018.

VOLUNTEER BUS DRIVERS NEEDED

The Redcliffe Community Busfor Disabled & Aged Inc. is a not for profit organisation committed to assisting members of our community to retain some of their independence. Using their own buses, they provide a door-to-door service, with pick up and return to homes, for shopping and other trips.

They are currently looking for retired bus drivers or truck drivers with a safe driving record who are willing to volunteer some of their time. You will require a LR, MR, or HR licence and have to be willing to obtain Queensland Transport Authorisation. Your time commitment is entirely up to you.

For further information call 3284 6429 9am – 12pm, or email admin@redcliffecommunitybus. org.au











Why choose ethos?

- · Adult orthodontic specialists
- · Highly skilled team
- Superior treatment options
- Flexible appointment times and payment plans
- Relaxing treatment environment
- · 9 convenient locations



I CAN'T CONTROL MY TEMPER OR MY LANGUAGE WITH MY EX AND IN FRONT OF MY KIDS

Dear Leonie.

This February, I separated from my husband of nine years and I can't tell you how much he is eating away at me. When I have to talk to him I can't control my temper or my language.

He hurt me so badly that I only have to hear his voice and I get a knot in my stomach. Consequently, having to talk to him turns me into a human volcano and I erupt with anger.

I know that I shouldn't act like this in front of the children but I can't seem to check myself. He makes my blood boil. He always says something that he knows will set me off. I have talked to my doctor about this and she sent me to a psychologist in Brisbane who said that I have anger issues.

After making me fill out tons of forms, she told me that I was aggressive and needed to do an anger management workshop. I think this is baloney because the only person who gets me angry is him. I have been a palliative care nurse for over 30 years and I've never lost my temper, not even when patients have thrown urine and worse at me. So of course anger management is not what I need.

I feel haggard and run down and fantasise about my ex coming to a miserable end. The truth is that he is not a bad father and the children love him still.

We are a long way from finalising property and custody arrangements. I was wondering if seeing a counsellor would be a better experience than I had with a psychologist. What would you do with me?

Toni/North Lakes

Hi Toni.

I am mostly a solution focused counsellor and I rarely use "tick and flick" forms unless I suspect a clinical disorder. To help someone, I feel you have to engage fully with them, not just hand them forms to fill out. I too doubt that you have anger issues/disorder because you say that you only get angry with your ex. So, if what you say is true, we can say pretty safely say that your ex is your trigger and seeing as there is only one of him, you don't need an anger management workshop but rather you may need to change the unhealthy way you are dealing with your ex.

The one strategy that I think would help you the most is to pretend that you are on camera. That's right on camera. Just pretend that every interaction that you have with your husband is being recorded and played to the Family Law Court and a copy will be played to your children when they are adults. This sounds silly but it works for my clients 99% of the time. At the moment all you are doing is giving your ex evidence that you are unstable. By pretending everything is being recorded, you are thinking and acting in a purposeful and appropriate way and your children will see you exactly as you want them to see you. And you know what? You are really being recorded. You are being recorded in your children's memories. I believe that children always remember which parent fought fair and took the high road and which parent slung mud and tried to turn them against their other parent.

You can't change who he is or what he did but you can change how you react to him and take pride in your ability not to let him get you flustered and angry.

Treat your meeting and conversations with your ex like a business meeting. Keep it formal, polite and not emotive. If he tries to take the conversation off track to fire you up, bring him back on topic. Only take calls about arrangements for the children and their needs.

If he calls about property or to just argue, end the call by saying something like, "My solicitor's number is XX..., please don't call me directly unless it's regarding the children" then hang up. If he calls on the pretence of making arrangements for access times etc but then starts to argue about something else, you might try saying something like, "This is no longer about the children, I'm going to hang up

I would encourage you to stay firm and consistent. People only continue to do something if there is a payoff for them in some way. Perhaps your ex is getting a payoff for his upsetting behaviour by seeing you upset and out of control. If this is the case, eventually he will learn that there is no joy to be had in trying to upset you and he will see that he won't get his pay day and give up. If none of the above works, consider using an outside agency to handle all your communication with your ex including custody arrangements.

Til next week. Leonie

E-mail: leonieschilling@bigpond.com Leonie Schilling is a qualified private practitioner at North Lakes Counselling Services For appointments please phone 3886 2715 or 0423 653 841 www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





LET'S HELP YOU INTO A HONDA Call Now 3384 5725



TORQUE (HONDA

FREE 500 GIFT CARD WITH ALL USED CARS

ACCESS TO OVER 2,000 VEHICLES ALL MAKES AND MODELS

PRESENT THIS AD FOR YOUR FREE \$500 GIFT CARD

ONLY WITH YOUR TORQUE HONDA USED CAR



Limited Edition, Low kims, Automatic 4 Cylinder Hatch, Airconditioning A smart choice! s#U5124

\$10.990



Impeccable Service Book, 2013 Silky Smooth 6 Speed Manual As New! Must See! s#5118

\$14.987



Family Wagon,84,673klms,Auto 4 Child Anchor Points Budget Priced! s#U5069

\$18,888



Class and comfort for everyone Black Leather, Auto X-Tronic Well Worth A Look! s#U5117

\$17,990



Impeccable Service History, 21,001klms, Alloys, Push Button Start Bluetooth, Cruis Control, s#U5104

\$18,990



One owner,Full Service History Both keys,Carpet and Dash Mats Speed Auto, 2 Tone Alloys,s#U5113

\$20.990

ONLY AT TORQUE HONDA - Lets Talk!

7-Day Money-Back Guarantee
 120 Point Safety Check
 12 Month / 175,000 klm Warranty
 12 Months 24/7 Roadside Assist
 Fixed Price Servicing



Unblemished, Perfect Service Books Black Leather Seats, Sat Nav Sun roof, 18"Alloys, s#U5115

\$**27**,990



2016, 4.0 Litre Automatic, 39,232klms Tip,Top and Tidy! Tow Bar,Alloys, Rear Parking Sensors, s#U5101

\$28,888



Belis and Whistles Galorel 66,633klms Auto, Leather, Alloys, Blue Tooth Push button start,s#U5153 \$31,990

Hilux Double Cab Ute

SR Turbo Diesel, 42,121klms Roof Racks, Side Awning, 2015,Side Steps, s#U5109

\$31,999



Top Shelf Stunner, 8,784klms 1 owner, Self Parking, Sal Nav Luxury & Performance,s#U5138

\$38.990



Iconic V8 Muscle-A Cracker 10,915klms, 5.0 Litre, 8 Cyl. 19°alloys, Must See!, s#U5116

\$54.888

When you TorqueHonda

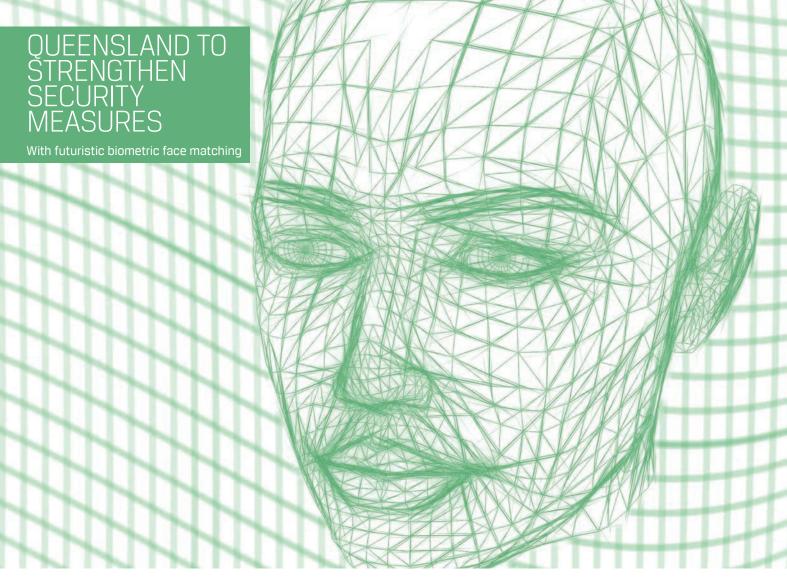


FINANCE PRE-APPROVAL HOTLNE 3384 5771



Call Now 3384 5725

torquehonda.com.au • 1658 Anzac Ave. North Lakes



Queensland last week became the first state to amend legislation to allow police access to shared cutting-edge biometric face matching services.

Police Minister Mark Ryan said the *Police* and *Other Legislation* (*Identity and Biometric Capability*) *Amendment Bill 2018* had been passed to strengthen security measures and improve Queenslanders' safety in time for the biggest event ever held in this State – the Gold Coast 2018 Commonwealth Games.

"This Bill comes off the back of a COAG agreement between the Federal Government and all states and territories to allow law enforcement agencies in all jurisdictions to share access to passport, visa, citizenship and driver's licence images," Mr Ryan said.

"This is a vital investigative tool that will allow police to stay one step ahead of terrorists and criminals involved in identity fraud, with identity crime impacting one in 20 Australians every year and the annual cost to the Australian community estimated to be \$2.2 hillion

"Image matching services will also help identify disaster victims."

"Queensland and other jurisdictions already share identity information on a manual and ad hoc basis, but the identity matching services will make it simpler and faster for law enforcement and security agencies to share information."

"This will be of real benefit to those tasked with

the security of the Commonwealth Games, which represents a once-in-a-lifetime event that will demonstrate to the world the great things Queensland has to offer.

"We are expecting both international and interstate guests to attend so I encourage the Federal Government and all states and territories to ensure this legislation is passed in time for the Commonwealth Games.

the investigative tool will allow police to stay one step ahead of terrorists and criminals involved in identity fraud, and help identify disaster victims

"This system will have robust privacy safeguards and be implemented in consultation with the Australian Privacy Commissioner and it will be audited by the Office of the Australian Information Commissioner."

Queensland Police Deputy Commissioner Steve Gollschewski acknowledged the importance of the capability for policing both at the Games and into the future.

"This national capability will provide the Queensland Police Service with a significant tool, not only in ensuring the security of the Commonwealth Games but in addressing the increasing challenges posed by identity fraud and other serious crimes that are enabled as a result, including terrorism," he said.

"For the Games, the ability to use the Face Verification Service will significantly benefit Operational Sentinel – the security operation for the Games.'

"This access will allow the comparison of images with immigration and citizenship records held by Australian Government agencies and enable the rapid identification of people.'

"As the Games draw nearer it is envisaged that other agencies will come on board to share their holdings."

"The capacity for law and security agencies to share critical facial biometric information about the identity of offenders - just like we have for a hundred years with fingerprints and more recently with DNA - is central to meeting the challenges we face now and into the future."

Mr Ryan said the Bill also increased the maximum penalty for explosives offences, from two and three years imprisonment respectively to seven years imprisonment, and amended the Liquor Act 1992 to provide an extra hour of liquor trading during the 2018 Commonwealth Games in the Gold Coast Safe Night Precincts of Broadbeach and Surfers Paradise.



MY HAIR LOOKED LIKE A MESS FOR THE PAST 5 YEARS"

NOT ANYMORE...

I rang them and asked for a FREE style consultation and here's what happened.....

- They sat with me and listened to what I wanted
- Gave me advice on the right choices for my hair
- · Showed me how to manage it when I washed it myself
- Offered me a FREE wash and blow-dry a week after my service so they could make sure I loved my new colour & style
- Gave me an all-inclusive no hidden costs price before they started my service

Because it's not just a hair appointment ... x

CALL: 3880 6808

Shop 3/27 Discovery Drive (the shops overlooking Lake Eden North Lakes) SAMANTHAJONESHAIRCO.COM.AU







Burke Cres, North Lakes | 1800 767 367 |

performaxhaval.com.au



A National Energy Roadmap outlining how Australia can cut its rising greenhouse gas pollution levels, while continuing the transition to clean, affordable and reliable renewable energy and storage technology, has been released by the Climate Council.

The 'Clean & Reliable Energy: Roadmap To A Renewable Future' report features 12 key policy principles for any national energy and climate policy framework, including calls for the rollout of a minimum 50-70% renewable energy target across Australia by 2030.

"Australia needs a fresh approach to cutting greenhouse gas pollution from our electricity," said Climate Councillor and energy expert Greg Bourne.

"The Federal Government's offering of the National Energy Guarantee simply doesn't cut it on improving energy reliability, cutting power prices and tackling climate change. Australia can do better than this."

"Australia's transition to renewables and storage is already underway. The only thing placing this at risk is political will. This roadmap calls for twelve basic, key policy principles that should apply to any credible national climate and energy policy in Australia."

The 'Roadmap To A Renewable Future' framework recommends Australia continues to transition away from its ageing, polluting and inefficient coal and gas fleet and encourage investment in a new clean power supply. The report calls for pollution targets which can be ratcheted up along with transparent tracking and reporting of carbon pollution levels.

"This roadmap shows that it's our electricity sector that has the greatest potential to slash pollution through the transition to a 21st Century energy grid, consisting of clean renewables and storage technologies."

"In order to tackle climate change, the electricity sector needs to cut its carbon pollution by more than 60 per cent over the next decade and head towards zero pollution. Renewables plus storage is how we can do it."

KEY RECOMMENDATIONS INCLUDE:

- Australian climate and energy policy must accept the need for deep pollution cuts from the electricity sector in order to limit global temperature rise and tackle climate change.
- This means slashing carbon pollution from the electricity sector by 60% by 2030, and ensuring that targets can be ratcheted up over time.
- The Australia's electricity sector needs plans in place to reach net zero emissions well before 2050. This is in line with National Energy Market state and territory commitments.
- To have any effect on carbon pollution (and not just add bureaucratic red tape), any NEM wide emissions target for 2030 and beyond must meet or exceed the total level of state and territory targets.
- Australia must achieve a minimum of 50 -70% renewable energy across Australia by 2030.
- A credible reliable climate and energy policy needs to encourage investment in

new clean power supply - when and where needed - well in advance of coal closures, and not place reliability in the hands of ageing coal and gas generators.

The report also features key findings highlighting how the Federal Government's proposed National Energy Guarantee risks derailing Australia's booming renewable energy and storage sector and will not provide an integrated solution to improving reliability or tackling climate change.

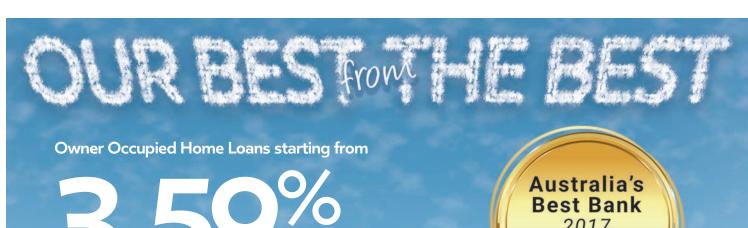
Climate Councillor and energy sector veteran Professor Andrew Stock said that the Federal Government was missing in action when it comes to credible climate and energy policy.

"The proposed National Energy Guarantee falls short across the board when it comes to reliable affordable power and tackling climate change. It simply doesn't deliver on any of these key goals."

Professor Stock said the Federal Government must go beyond the states' leadership and rollout strong and credible climate and energy policy in order to drive the necessary cuts to greenhouse gas pollution in the electricity sector, while also maintaining reliable and affordable power.

"The window of opportunity to tackle climate change is rapidly closing. Australia cannot settle for anything less than strong, credible climate and energy policy. The NEG is anything but that," he said.

For further information, go to: climatecouncil. org.au or facebook.com/climatecouncil and twitter.com/climatecouncil





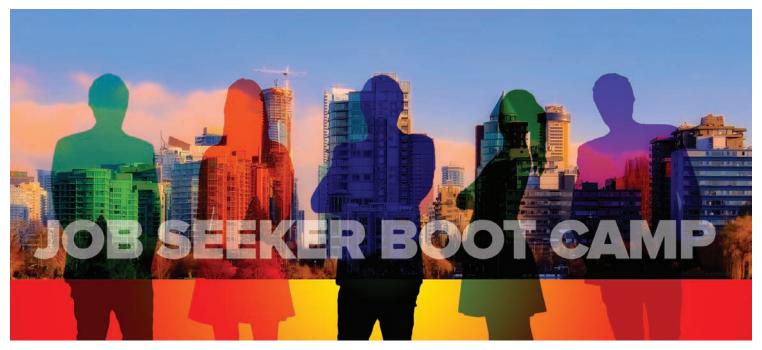


1300 138 831

auswidebank.com.au/best

Auswide Bank Ltd ABN 40 087 652 060. Australian Credit Licence 239686 is the credit issuer. Approval is subject to meeting our credit assessment criteria. Terms, conditions, fees and charges apply. Prior to entering into a credit contract with us you should read our Credit Guide. *This offer represents a special 'life-of-loan' discount of 1.84% off the applicable standard variable rate for a new 'Home Loan Plus' with Freedom Package of \$100,000 or more. This offer may be withdrawn without notice and is not available for existing loans, loans to fund investment property, loans with an LVR over 90%, 'interest only' loans, construction loans, loan 'pre-approvals' or for loans to overseas residents. An annual package fee applies. ^Comparison Rate is based on a secure loan of \$150,000 or more over 25 years. WARNING: This comparison rate applies only to the example given. Different amounts and terms will result in different comparison rates. Costs such as redraw fees or early repayment fees and cost savings such as fee waivers are not included in the comparison rate but may influence the cost of the loan.





POPULAR JOB SEEKER BOOT CAMP ON AGAIN

Federal Member for Petrie, Luke Howarth's Job Seeker Boot Camp is back by popular demand and will be held at the Deception Bay Club on Friday 23rd March at 10:30am.

"This event has been successful in linking both job seekers and employers," Mr Howarth

ADVERTISEMENT

Since the first Boot Camp was run in 2016 locals have had the opportunity to listen and learn from local employers about ensuring their resume stands out, job interviewing skills and also the benefits of networking.

"I have been approached in the community by previous attendees who have told me that the lessons learnt at the Boot Camp have helped them secure employment."

Some of the top tips for success have included a good attitude, punctuality, and cold-calling employers.

Following a complimentary lunch, there will be a two hour workshop on resume writing and interview techniques.

"I want to bring our community together to help as many job seekers as possible build their networks and expand their job opportunities," Mr Howarth said.

Attendance at the Boot Camp is free and interested job seekers can contact Mr Howarth's office on 3284 8008 for more details or email luke.howarth.mp@aph.gov.au





Change your life in 2018, land that job! Don't miss my Job Seeker Boot Camp to learn tips and tricks from local employers on how to get that job!



Friday, 23rd March 2018 at 10.30am



Deception Bay Club 32 Bayview Tce, Deception Bay

RSVP:

21st March 2018 Phone: 3284 8008 or

Email: Luke.Howarth.MP@aph.gov.au

JKE **HOWARTH MP**

Federal Member for Petrie

📤 40 Hornibrook Esplanade, Clontarf QLD 4019 🥿 3284 8008

@ Luke.Howarth.MP@aph.gov.au 🗖 LukeHowarth.com.au 🚹 LukeHowarthMP

Authorised by Luke Howarth MP, 40 Hornibrook Esp. Clontarf QLD 4019.

Are you tired of Low Back or neck Pain?



Why not try North Lakes Chiropractic

North Lakes Chiropractic offers:

- \$80 Initial Consultation Fee: Includes complete assessment, Digital Postural Assessment and 1st Treatment.
- Modern clinic, private examination and treatment rooms, Hicap Facilities (for Health Insurance holders) & brand new facilities.
- Variety of treatment options including Manual, Sacro-Occipital Technique, Activator Methods, Soft Tissue & other Low Force Treatments.
- Convenient location, directly across the road from Westfield's with *free onsite parking*.
- A wide range of available opening hours up to 7.00pm (on chosen days)

 Terms & Conditions Apply



medibank members choice Ph. 3482 4461

3B/12 North Lakes Drive, North lakes (Opposite Westfield North Lakes)

www.northlakeschiropractic.com.au





Evergreen Centre, Unit 8, 14 Discovery Drive, North Lakes

3385 0565

Australian Financial Advisers

- Budgeting for the Family & Your Lifestyle
- 棙 Paying down your Mortgage & Bad Debt
- Understanding Tax
- 🔷 Creating Long Term Income & Wealth
- 🥀 Retirement & Super Simplified
- 🔷 27 yrs of providing Financial Advice

www.afafp.com.au



Call now to organise an appointment with Craig Fenton.

Initial Cost is an investment of your Time to find out what's possible!

3385 0565

Email: Is@afanorthlakes.com

Fenton Financial Management Pty Ltd T/A Australian Financial Advisers and Craig Fenton are Authorised Representatives of GWM Adviser Services Limited ABN 96 002 071 749, an AFSL, Registered Office at 105-153 Miller Street, North Sydney NSW 2060

TOW TRUCK SHARKS OUTLAWED

Laws passed to outlaw dodgy tow truck operators

After years of being ripped off, RACQ has hailed the passing of legislation to outlaw towing industry sharks as a win for Oueensland drivers

The laws, which meant it would be illegal for dodgy tow truck operators to strongarm motorists into paying exorbitant fees to release their vehicles, were passed by Queensland Parliament on Thursday.

This followed an independent investigation into the removal of parked vehicles from private car parks, and meant changes to tow truck licence requirements, fees, signage, privacy, education and enforcement.

RACQ Head of Technical and Safety Policy said RACQ tow trucks, which did not conduct unauthorised tows from private property, had long supported the need for higher standards of safety and conduct.

"Dodgy tow truck operators have been getting away with highway robbery for far too long, charging exorbitant fees for the release of vehicles from carparks," Mr Spalding said.

"We're really pleased the State Government has acted and passed these laws because it sets the standard of behaviour for tow truck operators who've been capitalising on vulnerable motorists for far too long. Transport and Main Roads Minister Mark Bailey said Queensland would be the first State in the country to cap towing fees from private car parks

"We are also increasing the maximum penalty that can be imposed under the Tow Truck Regulation from \$2,523 to \$10,092," Mr Bailey said.

"The proposed legislation will also make it clear that we can consider a person's entire criminal history when assessing whether they should be granted a licence or certificate."

it's a response to community concern about alleged shady practices, intimidating tactics and excessive fees

Mr Bailey said the changes would commence in April to allow time for stakeholders to comply and would:

- •require that private property towing may only be performed in regulated areas by drivers and assistants who have the necessary certificates and are using licensed tow trucks
- •require tow truck licensees to have towing consent evidencing an arrangement with the occupier to remove vehicles from the property and to notify the Queensland Police Service as soon as practicable after removing a vehicle from private property
- •impose conduct requirements on tow truck

licensees, drivers and assistants including prohibiting intimidating, abusive or insulting behaviour, and requiring reasonable steps be taken to locate the motorist before loading a vehicle onto the tow truck

- provide that vehicles removed from private property may only be taken by the most direct route to the licence holder's nearest holding yard
- •set maximum towing charges for a standard private property tow (\$250), the on-site release of a vehicle (\$150) and storing a vehicle (\$25) and prohibiting the charging of call-out fees and charges for separate activities incidental to the towing service such as administration fees
- •safeguard motorists' privacy by restricting the disclosure of information about the removal of a vehicle from private property and expressly protecting personal information about a vehicle's owner, driver or other party connected to a regulated towing service
- •increase the maximum penalty that may be imposed under the Tow Truck Regulation from 20 penalty units (\$2523) to 80 penalty units (\$10,092), and
- •allow the entire criminal history of an applicant, including any charge for an offence that has not been dealt with by a court or withdrawn or otherwise discontinued, may be considered when determining whether to grant a licence or certificate and whether a person is an appropriate person to continue to hold a licence or certificate.





Robyn Hampton Family Lawyer

STRONG, COMPASSIONATE GUIDANCE FOR FAMILY LAW MATTERS AND MORE!!

Call our friendly staff to arrange an initial consultation.

P 07 3204 4388

1467 Anzac Avenue, Kallangur Qld 4503

Family Law Wills and Estates Conveyancing **Criminal Law**

F 07 3204 4485

E reception@heffordlawyers.com.au

W www.heffordlawyers.com.au







Human Papillomavirus (HPV) infection among Australian women is continuing its dramatic fall, an excellent result largely attributed to successful vaccination and screening programs that will eventually see cervical cancer eliminated.

Persistent HPV infection can cause abnormal cells to develop on the cervix. Over time, these abnormal cells may develop into cervical cancer if left untreated.

Cervical cancer's demise within our lifetime has been predicted by the International Papillomavirus Society (IPVS), the global authority in this field.

According to IPVS member Professor Suzanne Garland, who spoke to Fairfax Media, Australia will likely be the first country to achieve the milestone of cervical cancer eradication.

"We are forecasting that over the next 30-40 years, rates of cervical cancer will drop from around the current 1000 cases a year in Australia to just a few," Professor Garland said.

To achieve this result on a global scale, the IPVS says the effective and cost-effective prevention methods currently available will need to be expanded, to include those who are not currently vaccinated or screened.

Thankfully, Australia is already well on the way towards this goal.

Research published last month in the Journal of Infectious Diseases found the rate of HPV infection among Australian women aged 18 to 24 declined from 22.7 per cent to just 1.5 per

cent, over the decade to 2015.

The study also showed a substantial fall occurred in women aged 25 to 35, despite lower vaccine coverage in this population cohort, attributed in part to protection through herd immunity.

Herd immunity occurs when enough people in a population are immunised. The disease cannot pass from person to person, so it dies out instead of spreading.

A quadrivalent HPV vaccination program targeting females aged 12 to 13 years began in Australia in 2007, with catch-up vaccination of 14 to 26 year olds through 2009.

A new Cervical Screening Test introduced in December last year is our other secret weapon against cervical cancer.

This simple procedure feels the same as the Pap test, but instead of looking for changes to the cells of the cervix, the new test finds the virus that causes the cell changes in the first place.

The Pap smear test needed to be done every two years and, for most women aged 25 to 74, their first Cervical Screening Test is due two years after their last Pap test.

After that, they will only need to have the test every five years if their result is normal.

If HPV is found, the laboratory will do a Pap test on the same sample of cells. Women will get follow-up treatment based on the results of both tests. Women aged under 25 no longer need to be screened for cervical cancer.

This is because cervical cancer is extremely rare in women under 25 and cervical screening does not appear to have been effective for women in this age bracket.

For everyone else, regular cervical screening, along with HPV vaccination, is a woman's best protection against cervical cancer.

However, it is recognised that some women will not be tested for various reasons. In these cases, self-testing may be offered to women who are currently overdue for their cervical screening or have never screened before.

Keep in mind though that about 800 women are diagnosed with cervical cancer in Australia each year and about 80 per cent of these cases occur in women who have never screened or were not up-to-date with their screening.

Speak to your doctor if you have any questions about the Cervical Screening Test.

ABOUT DR ANITA

DR ANITA GREEN IS THE BOARD CHAIR
OF BRISBANE NORTH PHN AND HAS
OVER 30 YEARS' EXPERIENCE AS A
GENERAL PRACTITIONER. SHE HAS
A LONG-TERM COMMITMENT TO
THE EDUCATION OF MEDICAL AND
ALLIED HEALTH PROFESSIONALS
AND IS INVOLVED IN TEACHING AND
RESEARCH FOR THE UNIVERSITY
OF QUEENSLAND. DR ANITA HAS



ALSO BEEN APPOINTED AS THE CHIEF MEDICAL OFFICER FOR THE 2018 COMMONWEALTH GAMES ON THE GOLD COAST

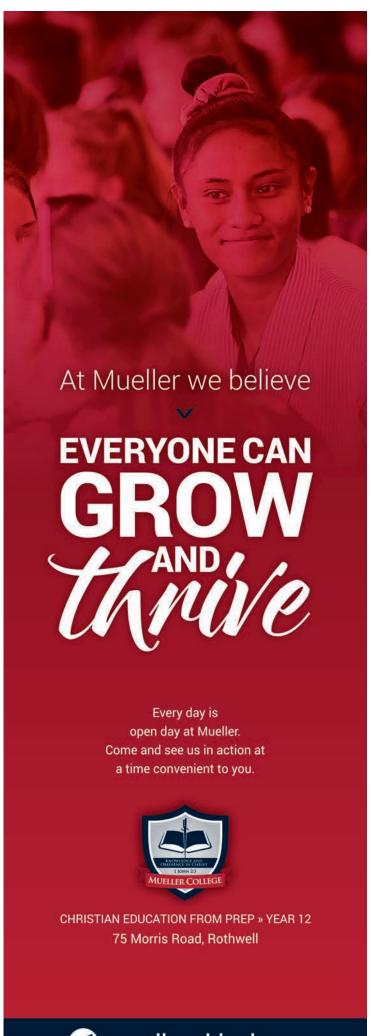


Call 3880 1232 to book your FREE consultation.

To find out more visit jevani.com.au

(VNO(URE)

Péllevé





YOUR STARS



Aquarius Jan 21-Feb 19: There's nothing wrong with taking a few steps back. It's conducive to future progress. Paths in life are rarely straight.



Pisces Feb 20- March 20: No matter what you do, your opponent won't budge. And in a way, this is good. It makes you more resourceful.



Aries March 21-April 20: Changes at work are in response to long ignored problems. What looks like back sliding is actually the foundation being made more secure.



Taurus April 21- May 21: You may need a translator for all the big talk today, hang tough and know people will alter their positions on an hourly basis.



Gemini May 22-June 21: You're in a fix. Move away and you alienate support. Back off and you fail to win others confidence. Whatever you do act decisively.



Cancer June 22-July 23: Surrounded by conflicting opinions, you're understandably overwhelmed. But listen to new as well as familiar voices.



Leo July 24-Aug 23: There are three different ways a situation could go. Yet none of them on their own is satisfying. Look for a way to incorporate the best of each.



Virgo Aug 24-Sept 23: A disagreement will be resolved. So instead of walking away, it looks like you'll relax your resistance.



Libra Sept 24-Oct 23: With so many people pulling in different directions, you could be torn apart if you hold back. Let them go their own way, they'll be back.



Scorpio Oct 24-Nov 22: Faced with a dilemma? Don't get yourself tied up in it. Time to push forward and cut it in half.



Sagittarius Nov 23-Dec 21: You know things are rarely held together with spit and glue, but don't let that stop you. You've succeeded on more rickety vehicles than this.



Capricorn Dec 22-Jan 20: In a world of hype, it's rare when someone is actually skilled that gets too show off. You've done a good job. Let your work speak for itself.



ENJOY GOOD CLEAN FUN IN YOUR CRYSTAL CLEAR POOL THIS SUMMER

UNIT 4, 14 BURKE CRES.
NORTH LAKES

Operating Hours
Mon to Fri 8am to 5pm
Sat 8am to 2pm / Sun 9am to 1pm

PH: 3491 9700

Paul 0418 712 909

6.00 GMA. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Cybershack. (PG) **12.30** Destination WA. **1.00** Rugby League. Intrust Super Cup. Round 2. Ipswich Jets v Townsville Blackhawks. **3.00** Walking The Nile. (PG) **4.00** Garden Gurus. **4.30** Dream Job. **5.00** News. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** David Attenborough's The Blue Planet II. (PG) **8.10** Movie: Forrest Gump. (M) (1994) Tom Hanks, Robin Wright, Sally Field A kind-hearted man recalls his life story. **11.00** Travel Guides. (PG) **12.00** Movie: Good People (MA15+) (2014) James Franco. **2.00** TV Shop. **2.30** Movie: Terminus. (M) (2015) Jai Koutrae. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **1.00** Beyblade Burst Evolution. **1.30** Power Rangers Super Ninja Steel. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** The Looney Tunes Show. **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Teen Titans. (PG) **4.30** Steven Universe. (PG) **5.00** Movie: Land Of The Lost. (PG) (2009) **7.00** Movie: Meet The Parents. (M) (2000) **9.10** Movie: The Hangover (MA15+) (2009) **11.10** Balls Of Steel Australia. (MA15+) **12.10** Adult Swim. (MA15+) **12.40** Mr Pickles. (MA15+) **1.10** Total Divas. (M) 2.00 Rick And Morty. (M) 3.00 Power Rangers Super Ninja Steel. (PG) 3.30 Young Justice. (PG) 4.00 Yu-Gi-Oh! (PG) 4.30 We Bare Bears. (PG) 4.50 Wild Kratts. 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. Chandon S Ladies Day. 4.00 Crash Investigation Unit. (PG) 4.30 Seven News At 4.30. 5.00 Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: The Jungle Book. (PG) (2016) Neel Sethi, Bill Murray. **9.00** Movie: I, Robot. (M) (2004) Will Smith, Bridget Moynahan, Bruce Greenwood A robot is suspected of murder. 11.30 The Goldbergs. (PG) Highlights of the show. **12.00**Winter Paralympics. PyeongChang 2018. Highlights. **1.00** Harry's Practice. **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of

7TWO

6.00 Shopping. 8.00 Travel Oz. (PG) **9.30** The Great Australian Doorstep. (PG) **10.00** NBC Today. **12.00** The Great Outdoors. **1.00** Creek To Coast. **1.30** SA Weekender. **2.00** The Great weekender. 2.00 He Greet Australian Doorstep. (PG) 2.30 Vasili's Garden. 3.00 Qld Weekender. 3.30 The Great Day Out. 4.00 Sydney Weekender. 4.30 Diana, Our Mother: Her Life And Legacy. (PG) 6.00 M*A*5*H. 7.20 The Vederbi **7.30** The Yorkshire Vet In Autumn. (PG) Follows vets Julian Norton and Peter Wright. **8.30** Escape To The Country. Prospective buyers find their dream home. **10.30** Escape To The Continent. **11.45** Winter Paralympics. PyeongChang 2018. Highlights. **1.00** Psychic TV. (M) **4.00** Qld Weekender. **4.30** Travel Oz. (PG)

TEN

6.00 The Home Team. **6.30** Everyday Gourmet. **7.00** RPM. 8.00 Family Feud. 8.30 Weekend Feast. 9.30 St10. (PG) 12.00 The Living Room. 1.00 GCBC. 1.30 Places We Go. 2.00 Life Inside The Markets. 2.30 A Taste Of Travel. (PG) 3.00 Jamie's Thirty Minute Meals. **4.30** Jamie's Thirty Minute Meals. **4.00** What's Up Down Under. **4.30** Escape Fishing. **5.00** News. **6.00** Attenborough's Great Natural Wonders Of The World. **7.00** Bondi Rescue. (PG) 7.30 Bondi Rescue. (PG) 8.00 2017 Montreal Comedy Festival Presented by Tommy Little. **9.00** Movie: The Guilt Trip. (M) (2012) Barbra Streisand, Seth Rogen. 11.00 48 Hours. (M) 12.00 48 Hours. (M) 1.00 Shopping. 4.30 The Table. 5.00 Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Jake And The Fatman. (PG) **9.00** Get Smart. (PG) 10.00 Star Trek: Voyager. (PG) 11.00 Diagnosis Murder. (PG) 12.00 MacGyver. (PG) 2.00 Jake And The Fatman. (PG) **3.00** The Offroad Adventure Show. **4.00** Attenborough's The Life Of Mammals. **5.00** Operation Repo. (PG) **5.30** Hogan's Heroes. **6.00** Football: Just For Kicks. **6.40** Soccer. A-League. Round 23. Sydney FC v Brisbane Roar. From Allianz Stadium, Sydney. **9.00** CSI: Miami. (MA15+) **10.00** CSI: NY. (M) **11.00** CSI: NY. (MA15+) **12.00** VF Confidential. (MA15+) **1.00** RPM. **2.00** Operation Repo. (PG) **3.30** Monster Jam. **5.30** Whacked Out Sports, (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.00** Think Tank. (PG) **12.00** ABC News At Noon. **12.30** Miss Fisher's Murder Mysteries. (M) **1.30** Midsomer Murders. (M) **3.00** To Be Advised. **4.00** Hello Birdy. (PG) **4.30** Kangaroo Dundee. **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** A Taste Of Landline. **7.00** ABC News. **7.30** Death In Paradise. (M) **8.30** Miniseries: Innocent. Part 3 of 4. Tom awakens from a night of drinking and he tries to piece together details of the night before. (M) 9.20 River. (M) Final. 10.20 Miniseries: Black Work. (M) 11.05 Miss Fisher's Murder Mysterie (M) **12.05** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.10** Teacup Travels. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. **5.55** The Hive. **6.00** Octonauts. **6.15** WildWoods. **6.25** Go Jetters. **6.40** Jamillah And Aladdin. 6.50 Andy's Prehistoric Adventures. 7.05 Ben And Holly. 7.20 Shaun The Sheep. 7.30 Spicks And Specks. (PG) 8.00 Would I Lie To You? 8.30 Live At The Apollo. (M) 9.15 Comedy Next Gen. (M) 10.05 Elasbas (M) Next Gen. (M) **10.05** Fleabag. (M) **10.35** Alan Davies: Little Victories. (M) **11.55** Inside Amy Schumer. (MA15+) **12.20** Asian Provocateur Mum's American Dream. (M) 12.50 The Trip To Italy. (PG) 1.20 Live At The Apollo. (M) 2.05 News Update. 2.10 Close. 5.00 Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix. Best Of Men's Leg. **4.00** Destination Flavour Scandinavia 4.30 The Story Of God With Morgan Freeman. (PG) **5.30** The Supervet. (PG) **6.30** News **7.30** Building Giants. (PG) **8.25** Building Chernobyl's Mega Tomb. (M) **9.30** Flying Scotsman With Robson Green. **10.30** The Truth About Medical Marijuana. (PG) 12.00 Gadget Man. 12.30 Soccer. EPL. Stoke City v Everton. **3.15** Grand Tours. **3.45** Grand Tours. **4.15** Food Lover's Guide. **4.50** SBS Flashback. **5.00** CGTN English News. 5.15 NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Hungarian News. **11.00** NHK Japanese News. 11.35 Hindi News. 12.00 Insight. 1.00 Vs Arashi. (PG) 2.00 The Pizza Show. (PG) 2.25 Abandoned. (PG) 3.15 Balls Deep. (PG) 3.40 Huang's World. **4.30** Forever Young. (PG) **5.00** MythBusters. (PG) **6.00** MythBusters. **7.00** Chinese Dating With The Parents. (PG) **8.30** Movie: Boogie Nights. (MA15+) (1997) **11.20** Movie: Animal Kingdom. (MA15+) (2010) **1.20** News. **1.45** Hamilton's Pharmacopeia. (M) 2.35 France 24. 3.00 Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.

AUSTÂR.

MOVIES 8.30pm The Fate Of The Furious (2017) Action. Vin Diesel, Charlize Theron. (M) Premiere 8.30pm Alien:

Covenant (2017) Sci-fi. Michael Fassbender, Katherine Waterston. (MA15+)

8.30pm Save The Last Dance (2001) Romance. Julia Stiles, Sean Patrick Thomas, (M) Romance

GENERAL

7.30pm Casualty. (PG) BBC First 7.30pm Saturday Night Live. (M) Comedy Channel 9.35pm Mum. (M)

DOCUMENTARY 7.30pm Beauty Queen Murders. (M) TLC 7.30pm Origins **Of The Irish.** (PG) *History* 8.30pm Home To Win. (PG) Lifestyle Home

SPORT

7.00pm Football. AFL Women's. Round 7. Western Bulldogs v Melbourne Fox Footy

7.30pm Rugby League. NRL. Round 2. Melbourne Storm v Wests Tigers. Fox League

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

BOQ NORTH LAKES



DISCOUNT 1-YEAR COMPARISON **FIXED RATE** RATE^

Conditions apply. Offer available for new owner-occupied home loans from \$150k and above

BOQ FIXED RATE HOME LOAN*



Owner-Manager Jeff Walls

4 0419 642 906 | 3491 9311

@ jeff.walls@bog.com.au

f facebook.com/boqnorthlakes

*Discount Fixed Rate offer available for applications received from 26/02/18. Minimum \$150k new lending, not available for refinance or restructure of existing BOQ facilities. Loan to value ratio less than or equal to 80% of property value. Not available for construction loans or self-managed super fund loans. Bank of Queensland Limited ABN 32 009 656 740 (Australian Credit Licence Number 244616) (BOQ). Full terms and conditions available at any BOQ branch. Fees and charges are payable. BOQ's standard credit assessment criteria apply. Interest rates quoted are indicative only, and are subject to change without notice. ^The comparison rate is calculated on the basis of a loan of \$150,000 for a term of 25 years, WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Information current as at 01/03/2018



 $_{\scriptscriptstyle \perp}$ WHAT'S ON

Easily submit your event on our homepage www.northlakesmessenger.com.au Please direct questions about this free service to editor@northlakesmessenger.com.au

BRISBANE COMEDY FESTIVAL

Date: Friday 23 February - Sunday 25 March 2018

Location: Various

Cost: Varies, see website.

Brisbane will be plunged into hysterics when the city's largest ever lineup of the best Aussie and international acts lay comical siege to three venues – Brisbane Powerhouse, Brisbane City Hall and new venue SunPAC – as part of Brisbane Comedy Festival 2018.

The ninth instalment of Australia's fastest growing comedy festival will bring more than 70 stellar comedians to Brisbane. Leading the pack of international laughter masters are Jim Gaffigan, Irishmen Jimeoin and Des Bishop, Canadian DeAnne Smith, Englishmen Stephen K Amos and Jeff Green, who will be celebrating 30 years on the comedy circuit with a special show. Also on the bill is beloved Kiwis Cal Wilson and Urzila Carlson, Scottish star Daniel Sloss and American Rich Hall, making his long-awaited return.

FEB 23 -MAR 25

Tickets are on sale now via brisbanecomedyfestival.com

FRENCH FILM FESTIVAL

Date: March 8 - April 4 2018

Location: Palace Barracks & Palace Centro Cinemas

Returning to Palace Cinemas in Brisbane from March 8 to April 4, the 29TH annual Alliance Française French Film Festival, is poised to entice audiences with an incendiary selection of 47 features, 2 documentaries and a cheeky Parisian TV series, which showcase the passion, artistry and dazzling diversity of contemporary French cinema.

Artistic Director Philippe Platel has selected an impressive line-up that resonates with themes of courage, friendship and egalitarianism; motifs reflected via a host of Première screenings, delightful special events, and, for the first time, a LGBT strand in celebration of Australia's recent, historic 'Yes' vote for same-sex marriage. Full programme and tickets are available now at:www.affrenchfilmfestival.org

MAR 8 -APR 4

MAR 17

MAGICAL MELODIES

Date: Saturday March 17 at 2 p.m.

Location: Redcliffe Cultural Centre Downs St. Redcliffe

The Brisbane City Pops Orchestra conducted by Chen Yang is delighted to present "Magical Melodies" featuring the 7 Sopranos as guest artists. They will be singing Danny Boy, Toreador Song from Carmen, Flower Song Duet from Lakme and Brindisi from la Traviata. Chen Yang will play solo violin in Massenet's Meditation.

Orchestral numbers include The Irish Washerwoman, favourite melodies from Richard Rodgers, Brahms Hungarian Dance #5, Nimrod from Elgar's Enigma Variations and other popular waltzes and marches.

Tickets \$32.00 are available by phone 3283 0407 or online www.redcliffeculturalcentre.com.au

CONCERT FOR THE PLANET

Date: 24 March, Outdoor activities start at 5pm, main concert starts at 7.30pm

Location: HOTA Gold Coast

Cost: FREE

In celebration of Earth Hour on Saturday March 24, HOTA, Home of the Arts presents an evening of discovery and symphonic experience – CONCERT FOR THE PLANET – a free musical event that will transform the parkland into a live music soundscape, with musicians from all over the world taking part via a worldwide livestream.

The Gold Coast Philharmonic Orchestra, extended to include over 100 local musicians, will perform Holst's The Planets under the baton of conductor Lachlan Snow. Fittingly, the Gold Coast Philharmonic Orchestra is the first full orchestra to perform on the recently launched state-of-the-art \$37.5 million outdoor stage.

Visit HOTA.com.au for all information

MAR 24

WAVE FESTIVAL

Date: 20-21 April 2018

Location: Brisbane Powerhouse Newfarm Park

Hip Hop, electronic, poetry and new music - Queensland Symphony Orchestra has announced a two-day music festival of collaborations with some of the coolest artists in the country. WAVE Festival 2018 will take place on Friday 20 and Saturday 21 April at the Brisbane Powerhouse, featuring incredible performances with The Kite String Tangle, Horrorshow and more.

The cutting-edge music program will shine the spotlight on contemporary music and Australian composers and music makers. The line-up of stars reads like Music's Most Wanted - Australia's favourite electronic producer and Brisbane local Danny Harley, better known as The Kite String Tangle, highly acclaimed and much loved Hip Hop duo Horrorshow, poet Luka Lesson, composer Heather Shannon (The Jezabels), composer Gordon Hamilton and conductor Sarah-Grace Williams showcase musical collaborations with Queensland Symphony Orchestra. Tickets via www.qso.com.au



6.00 Good Morning America: Saturday. **7.00** Weekend Today 10.00 Sports Sunday. (PG) 11.00 NRL Sunday Footy Show. (PG) **1.00** Surfing. Sydney Surf Pro. Highlights. From Manly Beach. 2.00 Rugby League. NRL. Round 2. Manly Sea Eagles v Parramatta Eels. From Lottoland, Sydney. **5.00** Broncos Insider. Nine News. **7.00** Married At First Sight. **8.40** 60 Minutes. **9.40** Born To Kill? Class Of Evil. (M) **10.40** Killer On The Line. (M) 11.40 House. (M) 12.35 The Mysteries Of Laura. (M) 1.30 Dream Job. 2.00 Bad Robots. (M) 2.30 Global Shop. 3.00 The Baron. (PG) 4.00 Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. 12.30 My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Steven Universe. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yo-Kai. (PG) **3.00** Gumball. (PG) **3.30** Teen Titans. (PG) **4.00** Ben 10. (PG) **4.30** Power Rangers Super Ninja Steel. (PG) **5.00** Movie: Flight Of The Navigator. (G) (1986) **7.00** Movie: Pacific Rim. (PG) (2013) **9.35** Movie: Mad Max Fury Road. (MA15+) (2015) **12.00**Adult Swim. (MA15+) **12.30** Mr
Pickles. (MA15+) **12.45** Superjail!
(MA15+) **1.00** Westside. (M) **2.00** Most Terrifying Places In America (MA15+) 3.00 Yo-Kai. (PG) 3.30 Kate And Mim-Mim. 4.00 Yu-Gi-Oh! (PG) 4.30 We Bare Bears. (PG) 4.50 Wild Kratts, 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** Business Builders. (PG) **1.30** Gold Coast 2018 Preview Show. **2.00** Gold Coast 2018 Preview Show. **2.30** Movie: North By Northwest. (PG) (1959) **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** My Kitchen Rules. (PG) **8.30** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.30** Crimes That Shook The World. (MA15+) 10.30 Blindspot. (M) 11.30 World's Deadliest Weather Caught On Camera. (PG) **12.30** Winter Paralympics. PyeongChang 2018. Highlights. **1.30** Travel Oz. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. Way, (FG) 8.00 David Jeterilan.
(FG) 8.30 It Is Written. (FG) 9.00
Shopping. 9.30 Harry's Practice.
10.00 House Of Wellness. (FG)
11.00 NBC Today. 12.00 The Great
Outdoors. 1.00 Australia's Best
Drives. (FG) 1.30 The Outdoor Room. 2.00 Sean's Kitchen. 2.30 Escape To The Continent. 4.00 Escape To The Country. 6.00 M*A*S*H. 7.30 Border Security: Int. (PG) **8.30** Border Security. (PG) **9.30** Motorway Patrol. (PG) 10.00 Brit Cops. (M) 11.00 Border Security: Int. (PG) 11.30 Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Psychic TV. (M) 3.30 The Great Outdoors. 4.30 Late Programs

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. 8.00 GCBC. 8.30 Everyday Gourmet. 9.00 Australia By Design. 9.30 St10. (PG) 12.00 Weekend Feast. 1.00 30-Min Meals. **1.30** Jamie's Thirty Minute Meals. **2.00** My Market Kitchen. GOURNEL 3.30 Everyday
Gournet. 3.30 Cook's Pantry.
4.00 RPM. 5.00 News. 6.00 Family
Feud. 6.30 The Sunday Project. **7.30** All-Star Family Feud. Return. **8.30** NCIS. (M) After the body of a missing navy commander is found, Vance orders Gibbs and the team to work with a private investigator. **9.30** SEAL Team. (M) The team brings home a deserter. **10.30** SEAL Team. (M) **11.30** The Sunday Project. 12.30 Shopping. 4.30

ONE

6.00 Shopping. 8.00 Rugby Union. Super Rugby. Round 5. Brumbies v Sharks. 10.00 Operation Repo. 10.30 Escape Fishing. 11.00 Life Inside The Markets. 11.30 Whacked Out Sports. 11.40 Whacker Of Life With Prize Care. Wonders Of Life With Brian Cox. 1.00 4x4 Adventures. 2.00 Cruise Mode. **3.00** Adelaide Motorsport Festival. **4.00** Seafood Escape. **4.30** Places We Go. **5.00** What's Up Down Under. **5.30** Operation Repo. **6.00** Bondi Rescue. **6.30** Scorpion. **7.30** NCIS: LA. **8.30** Scorpion. 7.30 NCIS: LA. 8.30 The Life of Mammals. 9.30 Cops: AO. (M) 10.00 Cops. 10.30 Rocky Mountain Railroad. 11.30 CSI: NY. 12.30 RPM. 1.30 Motorcycle Racing. MotoGP. Race 1. Grand Prix of Qatar. 3.00 Operation Repo. **4.30** Cops: AO. **5.00** Cops **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. 10.30 The World This Week. 11.00 Compass. (PG) 11.30 Songs Of Praise. 12.00 ABC News At Noon. 12.30 Landline. **1.30** Gardening Australia. **2.30** Julia Zemiro's Home Delivery. (PG) **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** The New Legends Of Monkey. (PG) **5.00** Death In Paradise. (PG) **6.00** The Checkout. (PG) **6.30** Hard Quiz. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Miniseries: Howards End **8.30** Miniseries: Howards End. **9.30** Miniseries: Howards End. (PG) **10.30** Harrow. (M) **11.20** Silent Witness. (MA15+) **12.20** Rage. (MA15+) **3.30** Antiques Roadshow. 4.30 The Bill. (PG) 5.00

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Charlie And Lola. 5.55 The Hive. 6.00 Octonauts. 6.15 WildWoods. 6.25 Go Jetters. 6.40 Jamillah And Aladdin. 6.50 Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Michael McIntyre: Hello Wembley! (M) **8.50** Alan Davies: Life Is Pain. (M) **10.10** Alan Davies: As Yet Untitled. (M) 10.55 Adam Hills: The Last Leg. (M) 11.40 Upstart Crow. (PG) 12.10 The Thick Of It: Rise Of The Nutters. (M) 1.10 Plebs. (M) 1.35 Idiotsitter. (M) 2.00 Murder In Successville. (M) **2.30** Dirty Laundry. (M) **3.05** News Update. **3.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **7.00** Small Business Secrets. **7.30** WorldWatch. 9.30 Soccer. EPL Stoke City v Everton. Replay. **12.00** Motorcycle Racing. Australian Superbike Championship. Round 2. **2.00** Basketball. NBL. Grand Final Series. **4.00** Arabic News F24. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** WWII's Great Escapes: The Freedom Trails. **6.30** News. **7.35** Eight Days That Made Rome. (M) **8.30** Movie: That Sugar Film. (PG) (2014) **10.20** Michael Mosley: Do We Need Health Tests? **11.25** Kids On The Edge. **12.20** Movie: Blue Valentine. (MA15+) (2010) **2.25** Movie: 7 Days. (2010) **4.25** Food Lover's Guide. **5.00** CGTN English News. 5.15 NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** WorldWatch. **12.00** Insight. **1.00** Front Up. (PG) **1.30** Cut-Off. (PG) **2.20** The Pizza Show. (PG) **2.50** 50 Ways To Kill Your Mammy. (PG) **3.40** VICE. (PG) **4.10** Camel Beauty Pageant. (PG) **4.40** States Of Undress. (PG) **5.30** States Of Undress. (PG) **6.20** Vs Arashi. (PG) **7.20** If You Are Vs Arasin, (rd.) 7.20 in Tod Ale The One, (PG) 8.30 24 Hours In Police Custody, (M) 9.30 RuPaul's Drag Race, (M) 10.25 Dragula. (MA15+) 11.20 Adam Looking For Eve (Finland) (MA15+) 12.10 Sex Box USA, (M) 1.00 Justin Trudeau Talks Weed. (M) 1.50 Does America. (MA15+) 2.15 France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhálese News. 5.00 Korean News. 5.30 WorldWatch.

AUSTÂR.

MOVIES

8.30pm The Mummy (2017) Action. Tom Cruise, Sofia Boutella, (M)

Premiere
8.30pm The Confirmation (2016) Comedy. Clive Owen, Maria Bello. (PG) Comedy

8.30pm Speed (1994) Adventure Keanu Reeves Sandra Bullock. (M)

GENERAL

8.30pm Call The Midwife. BBC First 8.30pm S.W.A.T. (M)

9.00pm Another Period. (MA15+) Comedy Channel

DOCUMENTARY 6.30pm A Place In The Sun: Home Or Away. (PG) Lifestyle

7.30pm Crimes That Shook Australia. (M) Crime & Investigation

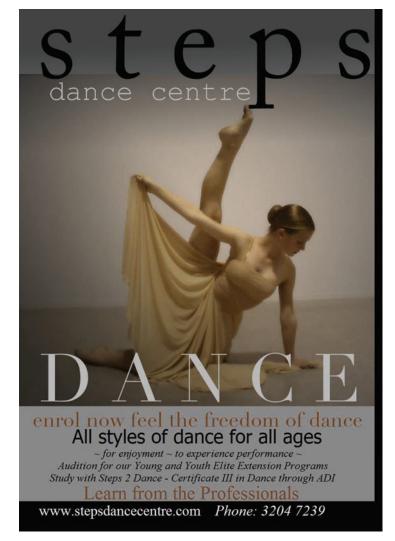
8.30pm Eat Well For Less?. (PG) Lifestyle Food

SPORT

2.30pm Football. AFL Women's. Round 7. Collingwood v Adelaide. Fox Footy 4.00pm Rugby Union. Super Rugby. Round 5. Melbourne

Rebels v NSW Waratahs. Fox Sports

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.







6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. The remaining brides and grooms declare whether they want to continue life as a couple outside the experiment. **9.00** Travel Guides. (PG) **10.00** 100% Footy. (M) **11.00** Better Late Than Never. (PG) **12.00** The Bible. (M) **1.00** Postcards. (PG) 1.30 TV Shop: Home Shopping. 2.00 Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. 11.00 Top Gear. (PG) 12.30 World's Funniest Videos Top 10 Countdown. (PG) 1.00 Dawson's Creek. (PG) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Young Justice. (PG) **4.30** Ben 10. (PG) **5.00** Teen Titans Go! (PG) **5.30** Adv Time. (PG) **6.00** Friends. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Point Break. (M) (2015) **10.40** Big Bang. (PG) **11.40** Best Ink. (M) **12.30** Friends. (PG) **1.30** Teen Titans Go! (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universé. (PG) 4.30 Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stockholm, Pennsylvania. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Hunter has second thoughts about Jennifer. 7.30 My Kitchen Rules. (PG) The teams make a romantic dinner. **9.15** The Resident. (M) Conrad battles a group of aggressive attending physicians on behalf of a patient with a mysterious ailment. 10.15 The Resident. (M) Conrad goes headto-head with Lane. **11.15** The Blacklist. (MA15+) **12.15** Winter Paralympics. PyeongChang 2018. Highlights. 1.15 Mixology. (M) 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today 10.30 NBC Press. 11.30 Australia's Best Drives. (PG) 12.00 Sean's Kitchen. **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) 5.30
Escape To The Country. 6.30
Bargain Hunt. (PG) 7.30 Rosemary
& Thyme. (PG) 8.30 Lewis. (M)
10.30 Blue Murder. (M) 11.30
Winter Paralympics. PyeongChang 2018. Highlights. **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** 30-Min Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. (RG) 5.30 Everyday Gourner. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project. 7.30 All-Star Family Feud. Sporting legends of the Commonwealth Games compete to raise money for charity. **8.30** Law & Order: S.V.U. (M) Cassidy's testimony causes a mistrial, allowing a perverted doctor to be set free. **9.30** Law & Order: S.V.U. (M) The team disagrees about a case. **10.30** The Project 11.30 Stephen Colbert. (PG) 12.30 Shopping. 4.30 CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM. **9.00** iFish. **10.00** Rocky Mountain Railroad. (PG) **11.00** Cheers. **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** To Be Advised. **7.30** MacGyver. The team's Halloween plans are interrupted after they head into the Bermuda Triangle to retrieve the Vice President's son. (M) **8.30** NCIS. (M) **10.30** NCIS. (MA15+) 11.30 Super Rugby Extra Time. 12.30 Home Shopping. 2.00 Motorcycle Racing. MotoGP. Race 1. Grand Prix of Qatar. Replay. From Losail International Circuit. Doha, Qatar. **3.30** Hogan's Heroes 4.00 Matlock. (M) 5.00 Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. 9.00 ABC News Mornings. **10.00** Antiques Roadshow. **11.00** Grand Designs. **12.00** ABC News At Noon. 1.00 Landline. 2.00 Parliament Question Time. 3.00 Gardening Australia. 3.25 Doctor Who. (PG) 4.15 Pointless. 5.00 ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A. **10.45** ABC Late News. **11.15** The Business. **11.30** Golf. PGA Tour. Arnold Palmer Invitational. Highlights. From Bay Hill Club & Lodge, Orlando, Florida. **12.25** Rage. (MA15+) **3.20** Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.10** The

ABC COM

6.00 Children's Programs. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. Andys Prenistoric Adventures. 7.05 Ben And Holly. 7.20 Shaun The Sheep. 7.30 Spicks And Specks. (PG) 8.00 Rosehaven. (PG) 8.30 Rosehaven. (M) 9.00 (rd) a.30 Nosenaven (N) 9.00 Tonightly With Tom Ballard. (M) 9.30 Fleabag. (M) 9.55 Inside Amy Schumer. (M) 10.15 #Celeste Challenge Accepted. (M) 10.20 Red Dwarf. 10.50 The Office. (M) **11.10** 30 Rock. (M) **11.30** Parks And Recreation. (PG) **11.55** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. **12.55** The Office. (M) **1.15** 30 Rock. (M) **1.40** Parks And Recreation. (PG) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Live In Sydney. (PG) **3.00** Secrets Of The Brain. (PG) **4.00** Wild Canada. **5.00** Cold Justice. (M) **5.30** Letters And Numbers. 6.00 River Cottage Australia. **6.30** News. **7.35** Great British Royal Ships. **8.30** Michael Mosley: Trust Me, I'm A Doctor. (PG) **9.40** 24 Hours In Emergency. (M) **10.35** SBS News. **11.05** The World Game. 11.35 Just One Look. (M) **12.35** Just One Look. (MA15+) **1.35** Ride Upon The Storm. (M) **2.45** Ride Upon The Storm. (M) 3.50 Ride Upon The Storm. (M) **5.00** CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle.

SBS VLND

6.00 WorldWatch. 12.00 Movie: King Of Devil's Island. (M) (2010) 2.05 UnREAL. (M) 2.50 Cyberwar. (PG) 3.15 Vs Arashi. (PG) 4.05 The Mindy Project. (PG) 4.30 Most Expensivest. (PG) 5.00 News. 5.25 If You Are The One. (PG) 6.40 Brooklyn Nine-Nine. (PG) 7.30 The Brooklyn Nine-Nine. (PG) 7.30 The Feed. 8.00 Travel Man. (PG) 8.30 Movie: Juno. (M) (2007) **10.20** Movie: Mustang. (2015) **12.05** Untitled Action Bronson Show. (MA15+) **12.30** Untitled Action Bronson Show. (MA15+) **12.55** Untitled Action Bronson Show. (MA15+) **1.20** Untitled Action Bronson Show. (MA15+) **1.45** Flophouse. (M) **2.10** The Feed. **2.40** CGTN English News. **3.00** Thai News. **3.30** Bangla News. 4.00 WorldWatch.

AUSTÂR.

MOVIES 8.30pm Allied

(2016) Drama. Brad Pitt, Marion Cotillard. (M) Premiere 8.30pm Cast Away (2000) Drama. Tom Hanks, Helen Hunt. (M) Masterpiece 8.30pm Bring It On (2000) Comedy Kirsten Dunst, Eliza

Dushku. (M) Comedy

GENERAL 8.30pm Tin Star. (MA15+) *BBC First* 8.30pm Law & Order: SVU. (MA15+) Universal Channel

8.30pm Britannia. (MA15+) *Showcase* **DOCUMENTARY** 8.30pm Speed With Guy Martin. (PG) BBC Knowledge 8.30pm David

Attenborough's Natural Curiosities. (PG) National Geographic Wild

8.30pm Resilient Cities. (PG) Foxtel

SPORT 9.00am Golf. USLPGA Tour. Bank

of Hope Founders Cup. Final round. Fox Sports 501 7.30pm AFL 360. Fox Footy 8.30pm NRL 360.

Fox League 8.30pm On The Couch. Fox

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

NORTH LAKES COUNSELLING SERVICE

www.northlakescounsellingservices.com.au

- Relationship Counselling,
- Personal Counselling,
- Grief and Loss Counselling,
- Qualified Trainer and Assessor for students of Counselling,
- Employment Coaching Resume and Selection Criteria,
- Job Search Skills and Job Interview Coaching,
- Qualified Training and Workshop Provider.

Move towards a better future

For confidential appointments Phone 3886 2715 or Mobile 0423 653 841

Leonie's Relationship Intensive Care is available as both a hard copy and EBook from her website or Dymocks North Lakes.







LEONIE SCHILLING



Let us guide you through the delicate funeral arrangement process to create a true celebration of life for your loved ones. For immediate help or a copy of our free 'Funeral Planning Guide' just call 3888 3535.





24 Hours / 7 Days Service **Pre-arranged Funerals Funeral Insurance Advice**

TALLOWWOOD DRIVE **DECEPTION BAY**

... still family-owned

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. **9.00** Date Night. **9.30** Movie: Something Borrowed. (M) (2011) Ginnifer Goodwin, Kate Hudson, Colin Egglesfield, John Krasinski. After her 30th birthday, a single woman finds herself secretly falling for her best friend's fiancé. 11.45 Mom (M) 12.10 20/20. 1.00 Patriot Games. (PG) **2.00** Extra. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. 5.00 News Early Edition. 5.30 Today.

GO!

6.00 Children's Programs. 11.00 Friends. (PG) 12.00 Total Divas. (M) 1.00 Dawson's Creek. (PG) 2.00 Children's Programs. 3.00 2.00 Children's Programs. 3.00 Pokémon. 3.30 Nexo Knights. (PG) 4.00 Kids' WB. (PG) 4.05 Young Justice. (PG) 4.30 Ben 10. (PG) 5.00 Uncle Grandpa. (PG) 5.30 Adv Time. (PG) 6.00 Friends. (PG) 7.00 The Middle. (PG) **7.30** Science Of Stupid. (M) **8.30** Movie: Self/less. (M) (2015) 11.00 2 Broke Girls. (M) 12.00 Meet The Hockers. (PG) 12.30 Friends. (PG) 1.30 Uncle Grandpa. (PG) 2.00 The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universé. (PG) 4.30 Adv Time. (PG) **4.50** Power Rangers Dino Super (PG) **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Secret Sex Life Of A Single Mom. (M) (2014) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Group 2 dons their chef whites and serves share plates to groups of lunchtime diners. **9.00** The Good Doctor. (M) A young patient who is unable to smile is offered elective surgery to correct this, however, Shaun questions the need. 10.00 Grey's Anatomy. (M) 11.00 Grey's Anatomy. (M) The doctors tackle an innovation contest. **12.00** Time After Time. (M) Final. **1.00** Whodunnit? (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) **8.30** Inspector Morse. (M) The head of one of the country's largest, privately owned, companies is found murdered in his home. 10.30 Suspects. (M) 11.30 Bargain Hunt. (PG) **12.30** Harry's Practice. **1.00** Auction Squad. **2.00** The Great Outdoors. **3.00** Escape To The Country. **4.00** Million Dollar Minute. **5.00** Animal Rescue. **5.30** Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Jamie's Thirty Minute Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight 2.30 Neighbours. 3.00 Judge
Judy. (PG) 3.30 Everyday Gourmet.
4.00 GCBC. 4.30 Bold. (PG) 5.00
News. 6.00 Family Feud. 6.30 The Project. **7.30** Bondi Rescue. Monster waves lash Bondi. **8.00** Bondi Rescue. Inexperienced swimmers find themselves in trouble. **8.30** Hughesy, We Have A Problem. (M) Hosted by Dave Hughes. **9.30** NCIS: LA. (M) A prisoner escapes DiNozzo's custody. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30**

ONE

6.00 Home Shopping. **8.00** Super Rugby Extra Time. **9.00** Star Trek: Voyager. (PG) **10.00** Reel Action. **10.30** Hogan's Heroes. **11.00** Cheers. **12.00** Get Smart. (PG) **1.00** The Doctors. (M) **2.00** Matlock. (M) **3.00** Super Rugby Extra Time. **4.00** Diagnosis Murder (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Hogan's Heroes. **6.30** To Be Advised. **7.30** 48 Hours. **8.30** VF Confidential. A look into accusations of sexual misconduct at the United States Air Force Academy. (M) 9.30 Countdown To Murder. 10.30 CSI: Miami. (M) 11.30 CSI: Miami. (MA15+) 12.30 Home Shopping. 2.00 Get Smart. (PG) 3.00 Star Trek: Voyager. (PG) 4.00 Matlock. (M) 5.00 Diagnosis Murder. (PG)

ABC

6.00 News Breakfast. 9.00 ABC News Mornings. **10.00** Antiques Roadshow. 11.00 Think Tank.
12.00 ABC News At Noon. 1.00
Four Corners. 1.45 Media Watch.
(PG) 2.00 Parliament Question Time. 3.00 Ask The Doctor. (PG) 3.25 Doctor Who. (PG) 4.15 Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30** 7.30. **8.00** The Checkout. **8.30** The Human Body: Secrets Of Your Life Revealed. (PG) **9.30** Hyper Evolution: Rise Of The Robots 10.30 ABC Late News. 11.00 The Business. 11.15 Q&A. 12.25 Rage. (MA15+) 2.20 Hyper Evolution: Rise Of The Robots. 3.20 Antiques Roadshow. 4.20 Murder, She Wrote. (PG) 5.05 The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. 6.40 Dot. 6.50 Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Extras. (PG) **8.30** Extras. (M) **9.00** Tonightly With Tom Ballard. (M) 9.30 Plebs. (M) 9.55 Idiotsitter. (M) 10.15 Mychonny. (PG) 10.25 Red Dwarf. (PG) 10.50 The Office. (PG) 11.10 30 Rock. (M) 11.30 Parks And Recreation. (M) **11.55** Tonightly With Tom Ballard. (M) **12.25** Red Dwarf. (PG) **12.55** The Office. (PG) **1.15** 30 Rock. (M) **1.40** Parks And Recreation. (M) **2.00** News Update. **2.05** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Creative Minds. (PG) **2.50** Silvia Colloca: Made In Italy Bitesize. **3.00** Kylie Kwong: My China. **3.30** Rise Of The Machines. **4.25** 1916: The Irish Rebellion. (PG) **5.30** Letters And Numbers **6.00** River Cottage Australia. **6.30** News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** Sex In Seoul. **10.30** SBS News. **11.00** Monster. (MA15+) **12.05** Monster. (M) **1.10** Monster. (MA15+) Final. **2.15** Movie: The Finishers. (PG) (2013) **3.55** 15 Years Of Terror. (M) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. 12.00 Movie: Even The Rain. (M) (2010) 1.50 UnREAL. (M) 2.35 Bangladeshi Gang Rape. (M) 3.00 PopAsia TV. (PG) 4.00 The Mindy Project. (PG) 4.25 Fashionista. 4.35 Tattoo Age. (PG) 5.00 News. 5.25 If You Are The One. (PG) 6.40 Brooklyn Nine-Nine. (PG) 7.05 Brooklyn Nine-Nine. (PG) 7.30 The Feed. 8.00 Drunk History UK. (M) 8.30 What Is ADHD? 9.30 Fuzoku: The World Of Sex Entertainment In Japan. (MA15+) 10.35 Knightfall. (MA15+) 11.25 Walking Heavy. 12.15 News. 12.40 Desus And Mero. (M) **1.05** Kingdom Of The Little People. (M) **1.55** The Feed. 2.25 RT News In English From Moscow. 3.00 Thai News. 3.30 Bangla News. 4.00 Punjabi News 4.30 WorldWatch.

AUSTÂR.

MOVIES 6.20pm Jason **Bourne** (2016) Action. Matt Damon, Alicia Vikander. (M)

7.30pm Paddington (2014) Family. Hugh Bonneville, Nicole Kidman. (G) Family 8.30pm Office Christmas Party (2016) Comedy Jason Bateman, Jennifer Aniston. (MA15+) Premiere

GENERAL

8.30pm Life Below Zero. (M) A&E 9.15pm American Idol. FOX8 9.30pm Summer House. (M) Arena

DOCUMENTARY 7.30pm Meanwhile

In Australia With Nick Cummins. (PG) National Geographic

7.30pm The Spymasters: CIA In The Crosshairs. (M) History

8.30pm Astronauts: Do You Have What It Takes?. (PG) BBC Knowledge

SPORT

7.30pm Soccer. Premier League Block. Fox Sports 503

7.30pm The Fan. Fox League 8.30pm AFL Open Mike. Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks



Phone 3269 6198 www.sandgatepest.com.au

SANDGATE PEST CONTROL



*Limited spots available. North Lakes clinic onl





Initial Physio Session One hour massage

CALL NOW TO BOOK 3491 6166

Official Physiotherapists for







6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Married At First Sight. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Married At First Sight. Final. All 11 couples sit and face the experts as they watch video of their time in the experiment, including footage from the controversial boys' night. **9.00** 20 To One. (PG) **10.00** Botched. (M) 11.00 The AFL Footy Show. (M) 12.30 Teens Behind Bars. (M) 1.30 House Husbands. (PG) 2.30 Global Shop. 3.00 Skippy The Bush Kangaroo. 3.30 Good Morning America. 5.00 News Early Edition. 5.30 Today.

GO!

6.00 Children's Programs. 11.00 Friends. (PG) 12.00 Total Divas. (M) 1.00 Dawson's Creek. (PG) 2.00 Children's Programs. 3.00 2.00 Children's Programs. 3.00 Pokémon. 3.30 Nexo Knights. (PG) 4.00 Kids' WB. (PG) 4.05 Young Justice. (PG) 4.30 Ben 10. (PG) 5.00 Uncle Grandpa. (PG) 5.20 Alt. Tips. (PG) 6.00 Friends **5.30** Adv Time. (PG) **6.00** Friends (PG) **7.00** The Middle. (PG) **7.30** Top Gear. **9.00** Movie: Blood Diamond. (MA15+) (2006) **11.50** Meet The Hockers. (M) **12.20** Friends. (PG) **1.20** Looney Tunes Cartoons. **1.30** Uncle Grandpa. (PG) **2.00** The Looney Tunes Show. **2.30** Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universé. (PG) 4.30 Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Killer Reality. (M) (2013) 2.00 Daily Edition. 3.00 The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Tori struggles with her feelings. **7.30** My Kitchen Rules. (PG) The weakest teams from each group challenge meet at the elimination house, and one team's journey comes to an end. **9.00** Movie: Salt. (M) (2010) Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor. A CIA agent goes on the run. **11.00** Heists That Shook The World. (M) **12.00** Powerless. (M) **12.30** Powerless. (PG) 1.00 Travel Oz. (PG) 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today **12.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Pie In The Sky. (PG) Crabbe attends a shooting party. **8.30** A Touch Of Frost. (M) When the body of a security guard surfaces in a quarry, Inspector Frost focuses his investigation on a teenager. 10.30 Families Of Crime. (M) 11.30 Bargain Hunt. (PG) 1.00 Auction Squad. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Animal Rescue. 5.30 Harry's

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Jamie's Thirty Minute Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight 2.30 Neighbours. 3.00 Judge Judy. (PG) 3.30 Everyday Gourmet. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project. 7.30 The Graham Norton Show. (M) Graham Norton Astronith Margot Robbia. Alligon chats with Margot Robbie, Allison Janney, Daniel Kaluuya, Alicia Vikander and Camila Cabello. 8.30 This Is Us. (M) Randall adjusts to the foster system. **9.30** This Is Us. Kevin goes back to his high school to accept an award. 10.30 Hawaii Five-O. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Star Trek: Voyager. (PG) 10.00 Reel Action. 10.30 Hogan's Heroes. 11.00 10.30 Hogans Heroes, 11.00 Cheers, 12.00 Get Smart. (PG) 1.00 The Doctors. (M) 2.00 Matlock. (M) 3.00 Jake And The Fatman, 4.00 Diagnosis Murder. (PG) 5.00 Star Trek: Voyager. (PG) 6.00 Hogan's Heroes. 6.30 To Be Advised. **7.30** Hawaii Five-0. (M) **8.30** Wonders Of Life. Professor Brian Cox encounters the creatures that reveal how the senses evolved. 9.50 Bondi Rescue **10.50** NCIS. (M) **12.50** Home Shopping. **2.20** Whacked Out Sports. (PG) **2.30** Get Smart. (PG) 3.00 Star Trek: Voyager. (PG) 4.00 Matlock. (M) 5.00 Diagnosis Murder. (PG)

ABC

6.00 News. 9.00 ABC News Mornings. 10.00 Antiques Roadshow, 11.00 Think Tank.
12.00 ABC News At Noon. 12.30
Press Club. 1.30 Aust Story. 2.00
Parliament. 3.00 The Cook And The Chef. 3.30 Doctor Who. (PG)
4.15 Pointless. 5.00 ABC News
At Five. 5.10 The Drum. 6.00
Think Tank. 7.00 ABC News. 7.30
7.30. 8.00 Hard Quiz. 8.30 Shaun
Micallef's MAD AS HELL. (M)
9.00 Sande. (M) News. 9.30 Insert. 9.00 Sando. (M) New. 9.30 Insert Name Here. (PG) 10.00 Tonightly With Tom Ballard. (M) 10.30 ABC Late News. 11.00 The Business. T1.20 Four Corners. 12.05 Media Watch. (PG) 12.20 Rage. (MA15+) 1.45 Insert Name Here. (PG) 2.20 National Press Club Address. 3.20 Antiques Roadshow. 4.20 Murder, She Wrote. (PG) 5.05 The Bill. (PG)

ABC COM

6.00 Children's Programs. 6.00 Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. Andy Strenstont Adventures. 7.05 Ben And Holly. 7.20 Shaun The Sheep. 7.30 Spicks And Specks. (PG) 8.00 Black Books. (PG) 8.25 Black Books. (PG) 8.50 (FG) 8.25 black 500ks, (FG) 8.30 WCeleste Challenge Accepted. (M) 9.00 Tonightly With Tom Ballard. (M) 9.30 The Trip To Spain. (PG) New. 10.00 The Trip To Spain. (PG) 10.30 Red Dwarf. (PG) 11.00 The Office. (PG) 11.20 30 Rock. (M) 11.40 Back and Paccation. (M) 11.40 Parks And Recreation. (M) 12.00 Tonightly With Tom Ballard. (M) **12.30** Red Dwarf. (PG) **1.00** The Office. (PG) **1.20** 30 Rock. (M) **1.45** Parks And Recreation. (M) **2.05** News Update. **2.10** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **3.05** Dateline **3.30** Insight. **4.30** Pan-American Road Trip. (PG) **5.30** Letters And Numbers. **6.00** River Cottage Australia. (PG) **6.30** News. **7.30** Great Continental Railway Journeys. (PG) **8.30** Miniseries: Safe Harbour. (MA15+) **9.40** The Good Fight. **10.40** Berlin Station. (M) **11.40** SBS News. **12.10** Movie: Tamara. (MA15+) (2016) **2.20** Miniseries: The Secret Life Of Marilyn Monroe. (M) **3.55** STUDIO At The MEMO With Tim Rogers. (M) **5.00** CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle

SBS VLND

6.00 WorldWatch. 10.00 Dutch News. **10.30** African News. **11.00** NHK Japanese News. 11.35 Hindi News. 12.00 Movie: Happy Hindi News. 12.00 Movie: Happy Happy. (M) (2010) 1.35 UnREAL. (M) 2.25 VICE. (M) 3.00 Over The Black Dot. 4.00 The Mindy Project. (PG) 4.25 Fashionista. 4.35 It's Suppertime! 5.00 News. 5.25 If You Are The One. 6.40 Brooklyn Nine-Nine. (PG) **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Travel Man. (PG) **8.30** The Crystal Maze. **9.30** Movie: Ronin. (MA15+) (1998) 11.40 Movie: Lupin The Third. (M) (2014) **2.05** News. **2.30** Desus And Mero. (M) **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. 5.00 Korean News. 5.30 Indonesian News.

AUSTÂR.

MOVIES 8.30pm Miss Sloane (2016) Thriller. Jessica Chastain, Mark Strong. (M) Premiere 8.30pm Kenny (2006) Comedy. Shane Jacobson, Ronald Jacobson. (M)

Comedy 8.30pm The Time Traveler's Wife (2009) Drama Eric Bana, Rachel McAdams. (M) Romance

GENERAL 9.30pm Ex On The Beach. (16)

MTV 9.30pm Covert Affairs. (M) Universal Channel

9.40pm Halt And Catch Fire. (MA15+) Showcase

DOCUMENTARY 7.30pm SCREEN. (PG) Foxtel Arts 7.30pm Gogglebox. (M) Lifestyle 9.30pm Katie Price: My Crazy Life. (PG)

SPORT

1.30pm Basketball. NBA. Portland Trail Blazers v Houston Rockets.

7.30pm FIFA Football Show. Furospor 8.30pm Kick & Chase. Fox Sports

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



Phone: (07) 3204 6511 www.northpine.qld.edu.au 29 Hughes Road East, Dakabin, QLD 4503

Open Night - 23 May, 4-6pm

Holistic Education

Childcare - Year 12



Dakabin, QLD 4503



Affordable Fee Structure

Call us for more information or to **BOOK A TOUR**









FAMILY LAW | INJURY LAW | WILLS & ESTATES | CONVEYANCING



Norwinn Centre 15 Discovery Drive North Lakes 33850999 www.zandelaw.com.au

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) 1.00 Extra. 1.30 Married At First Sight. Final. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 3. Melbourne Storm v North Queensland Cowboys. From AAMI Park, Melbourne. **8.55** The NRL Footy Show. (M) **10.10** To Be Advised. **11.10** Public Morals. (M) **12.10** Border Rico. (PG) 12.40 What Would You Do? (M) 1.30 TV Shop: Home Shopping. 2.00 Extra. 2.30 Global Shop. **3.00** Skippy The Bush Kangaroo **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. 11.00 Friends. (PG) 12.00 Total Divas. (M) 1.00 Dawson's Creek. (PG) 2.00 Children's Programs. 3.00 2.00 Children's Programs. 3.00 Pokémon. 3.30 Nexo Knights. (PG) 4.00 Kids' WB. (PG) 4.05 Young Justice. (PG) 4.30 Ben 10. (PG) 5.00 Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Friends (PG) **7.00** The Middle. (PG) **7.30** Robot Wars. (PG) **8.30** Survivor: Ghost Island. (PG) **9.30** Movie: Road Trip. (MA15+) (2000) **11.30** WWE Raw. (M) **12.30** Friends. WWW RAW. (M) 12.30 Friends. (PG) 1.30 Uncle Grandpa. (PG) 2.00 The Looney Tunes Show. 2.30 Pokémon. 3.00 Ben 10. (PG) 3.30 Beyblade Burst. 4.00 Steven Universé. (PG) 4.30 Adv Time. (PG) **4.50** Power Rangers Dino Super (PG) 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Runaway. (M) (2014) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Surveillance Oz: Crazy Carpark Capers. (PG) Take a look at car parking incidents and disasters that have been captured on camera. **8.30** World's Deadliest Weather: Caught On Camera. (PG) Stories of people caught in bad weather, including tourists fleeing for their lives from Hurricane Patricia. **9.30** Movie: Bad Neighbours. (MA15+) (2014) Seth Rogen. **11.30** The Goldbergs. (PG) 12.00 Whodunnit? (PG) 1.00 Harry's Practice. 1.30 Harry's Practice. 2.00 Shopping. 4.00 NBC Today. 5.00 News. 5.30 Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match lt. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Million Dollar Millittle. 9.30 NBC Today. 12.00 Gold Coast 2018 Preview Show. 1.00 The Great Outdoors. 2.00 Million Dollar Minute. 3.00 Harry's Practice. 3.30 Auction Squad. 4.30 Animal Rescue. 5.00 Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) Two nuns die mysteriously. **8.30** Murdoch Mysteries. (M) While at the bank for a loan, Murdoch finds himself in the midst of a bank heist that puts his reputation at risk. **11.30** Bargain Hunt. (PG) **12.30** Psychic TV. (M) **3.30** Harry's Practice. **4.00** Million Dollar Minute. 5.00 Animal Rescue. 5.30 Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Family Feud. 8.30 Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** 30-Min Meals. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Neighbours. **3.00** Judge Judy. (PG) **3.30** Everyday Gourmet. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Show Me The Movie! New. **8.30** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows, 9.30 Blue Bloods. (M) A famous basketball player is found dead in his apartment from an apparent drug overdose. 10.30 Blue Bloods. (M) 11.30 The Project. 12.30 Stephen Colbert. (PG) 1.30 Shopping. 4.30

ONE

6.00 Home Shopping. **8.00** Get Smart. (PG) **9.00** Star Trek: Voyager. (PG) 10.00 Reel Action. 10.30 Hogan's Heroes. 11.00 10.30 Hogaris Heroes. 11.00 Cheers. 12.00 Get Smart. (PG) 1.00 The Doctors. (M) 2.00 Matlock. (M) 3.00 Jake And The Fatman. 4.00 Diagnosis Murder. (PG) 5.00 Star Trek: Voyager. (PG) 6.00 Hogan's Heroes. 6.30 To Be Advised. **7.30** Rocky Mountain Railroad. (PG) **8.30** Bondi Rescue. (PG) **9.00** Movie: A Good Man. (MA15+) (2014) Steven Seagal, Victor Webster, Iulia Verdes. 11.10 SEAL Team. (M) 12.10 Highlander. (M) **1.10** Home Shopping. **2.10** Diagnosis Murder. (PG) **3.05** Matlock. (M) **4.05** Star Trek: Voyager. (PG) **5.00** Highlander. (M)

ABC

6.00 News 9.00 ARC News Mornings. 10.00 Antiques. 11.00 Think Tank. 12.00 ABC News At Noon. 1.00 The Human Body: Secrets Of Your Life Revealed. (PG) **2.00** Parliament. **3.00** The Cook And The Chef. 3.25 Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** Drum. **6.00** Think Tank. **6.55** Sammy 1. 7.00 ABC News. 7.30 7.30. 8.00 Call The Midwife. (M) 9.00 Unforgotten. (M) 9.50 Scott & Bailey. (M) 10.35 ABC Late News. 11.05 The Business. 11.20 No Offence. (M) 12.10 Unforgotten Offence. (M) 12.10 Unforgotten. (M) 1.00 Scott & Bailey. (M) 1.50 The A-Z Of Contemporary Art. (PG) 2.35 Golf. PGA Tour. Arnold Palmer Invitational. 3.20 Antiques Roadshow. **4.20** Murder, She Wrote. (PG) **5.05** The Bill. (PG)

ABC COM

6.00 Children's Programs. **5.25** Kazoops! **5.30** Peppa Pig. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. 6.40 Dot. 6.50 Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Frontline. (PG) **8.30** Frontline. (M) **8.55** Sammy J. **9.00** Tonightly With Tom Ballard. (M) **9.30** Sando (M) **10.00** Murder In Successville. (M) **10.30** Red Dwarf. **11.00** The Office. **11.20** 30 Rock. (M) **11.40** Parks And Recreation. (PG) **12.05** Tonightly With Tom Ballard. (M) **12.35** Red Dwarf. **1.05** The Office **1.25** 30 Rock. (M) **1.50** Parks And Recreation. (PG) **2.10** News Update. **2.15** Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. 12.30 Turkish News. **1.00** PBS News. **1.55** The Marngrook Footy Show. **3.25** Digging For Britain's Secrets. (PG) **4.25** The Story Of Egypt. **5.30** Letters And Numbers. **6.00** River Cottage Australia. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Luke Nguyen's Food Trail. **8.35** The Diet Testers. (PG) **9.35** Knightfall. (MA15+) **10.25** The Bridge. (MA15+) **11.30** SBS News **12.00** Movie: Theeb. (M) (2014) **1.45** Bear Grylls' Mission Survive. (M) **2.40** Bear Grylls' Mission Survive. (M) **3.35** Bear Grylls' Mission Survive. (M) **4.30** Food Lover's Guide. **5.00** CGTN English News. 5.15 NHK World English News. 5.30 Deutsche Welle

SBS VLND

6.10 WorldWatch. **12.00** Movie: The First Grader. (M) (2010) **1.50** UnREAL. (M) **2.35** Life After Food. (PG) **3.00** The Last Lesbian Bars. (PG) **3.30** Dateline. **4.00** The Mindy Project. (PG) **4.25** On-Demand Picks. (PG) 4.30 Dead Set On Life. (PG) 4.55 News. 5.25 If You Are The One. (PG) 6.40 Brooklyn Nine-Nine. (PG) 7.05 Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** RocKwiz. (M) **10.00** On The Piste. (M) **10.50** On The Piste. (M) **11.40** On The Piste. (M) **12.30** News. **12.55** Desus And Mero. (M) **1.20** FEMEN: Sextremism In Canada. **1.45** Dig. (M) **2.30** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. 4.00 Punjabi News 4.30 WorldWatch.

AUSTÂR.

MOVIES 8.30pm The Grand

Budapest Hotel (2014) Comedy. Ralph Fiennes Adrien Brody. (M) Masterniece 8.30pm I Am

Number Four (2011) Fantasy. Alex Pettyfer, Dianna Agron. (M) Action

8.30pm What Women Want (2000) Comedy. Mel Gibson, Helen Hunt. (PG) Romance

GENERAL 8.00pm Flipping Boston. (PG) A&E 8.30pm Project Runway All Stars. (PG) Arena 8.30pm Corporate. (MA15+) Comedy Channel

DOCUMENTARY 8.30pm The Great Australian Bake Off. (PG) Lifestyle 8.30pm The Menendez Murders. (M) Crime & Investigation 8.30pm Hunting

Hitler. (PG) History **SPORT 7.25pm Football.** AFL. Round 1. Richmond v Carlton. Fox Footy

7.50pm Rugby League. NRL. Round Melbourne Storm North Queensland Cowboys. Fox League 2203

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



FITNESS FOR

CALL TO SPEAK WITH ONE OF OUR HEALTH & FITNESS PROFESSIONALS TODAY! 07 3385 0535



Breathe Health Club North Lakes





For more info check out our website www.breathehealthclub247.com.au

ournev Family Lawyers a positive approach

FAMILY LAW SPECIALISTS

5/13 Discovery Drive **NORTHLAKES** Ph: (07) 3448 2199

www.journeyfamilylawyers.com.au

Divorce | Property Settlement | Children's Matters Consent Orders | Prenuptial Agreements | Wills

If you have a family law issue, contact our office today for a free 15-minute chat with one of our family law specialists or simply book in for an initial consultation to find out where you stand.

We offer:

- ·Fixed Fees
- ·Discounted Initial Consultations





Journey Family Lawyers specialises in family law with offices at North Lakes, Strathpine and Brisbane City.

Did you know...

Even if the breakdown of your relationship has been amicable, it is sensible to record your parenting arrangements in a "parenting plan". Contact us to find out more.

TV GUIDE FRIDAY, MARCH 23

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: My Favourite Year. (M) (1982) Peter O'Toole, Mark Linn-Baker, Jessica Harper. The young writer of a TV variety show tries to get his Hollywood idol to appear as a guest star on his show. **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** Rugby League. NRL. Round 3. Wests Tigers v Brisbane Broncos. From Campbelltown Stadium, NSW. 9.55 Top Gear. 11.25 The Closer. 9.33 fop Geal. 11.25 frie Closel. (M) 12.25 Bangkok Airport. (PG) 1.30 TV Shop: Home Shopping. 2.00 Filthy Rich. (M) 3.00 The Avengers. (PG) 4.00 Global Shop. **4.30** The Baron. (PG) **5.30** Good Morning America.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Total Divas. (M) **1.00** Dawson's Creek. (PG) **2.00** Children's Programs. **4.00** Kids' WB. (PG) **4.05** Young Justice (PG) **4.30** Ben 10. (PG) **5.00** Uncle Grandpa. (PG) **5.30** Adv Time. (PG) **6.00** Movie: Jimmy Neutron: Boy Genius. (G) (2001) 7.40 Movie: Zoom: Academy For Superheroes. (PG) (2006) **9.30** Movie: Looper. (MA15+) (2012) 11.50 WWE Smackdown. (M) 12.50 Total Divas. (M) 1.45 Mike Tyson Mysteries. (MA15+) 2.00 The Looney Tunes Show. 2.30 Pokémon. **3.00** Ben 10. (PG) **3.30** Beyblade Burst. **4.00** Steven Universé. (PG) 4.30 Adv Time. (PG) **4.50** Power Rangers Dino Super. (PG) 5.10 Regal Academy. 5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Show. (Pd.) 11.30 News. 12.00 Movie: Stolen From Suburbia. (M) (2015) 2.00 Daily Edition. 3.00 The Chase. 4.00 News. 5.00 The Chase Aust. 6.00 News. 7.00 Better Homes. Joh catches up with Emily Seebohm and Mitch Larkin ahead of the Commonwealth Games. **8.30** Movie: Pitch Perfect (M) (2012) Anna Kendrick, Brittany Snow, Rebel Wilson. A university freshman is coaxed into joining an all-girls a capella group 10.50 Movie: Horrible Bosses 2. (MA15+) (2014) Jason Bateman, Jason Sudeikis. Three men find themselves in debt. **1.00** Code Black. (M) An ER deals with an influx of patients. **2.00** Shopping. 4.00 The Great Outdoors, 5.00

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** Match It. **7.30** Tashi. **8.00** Jay's Jungle. **8.30** Million Dollar Minute. **9.30** NBC Today **12.00** House Of Wellness. (PG) **1.00** The Great Outdoors. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Auction Squad. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Air Crash Investigation (PG) **8.30** Building The Dream. Mark and Amanda are building a cottage. **9.30** The House That £100K Built. A couple want a house that feels like a home. 10.30 Property Ladder UK. 11.30 Bargain Hunt. (PG) 12.30 Harry's Practice. 1.00 Psychic TV. (M) 4.00 Million Dollar Minute. 5.00 Animal Rescue. 5.30 Harry's Practice.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Tamily Feud. 8.30 Studio 10. (PG) 12.00 Dr Phil. (M) 1.00 The Living Room. 2.00 Ent. Tonight. 2.30 Neighbours. 3.00 Judge Judy. (PG) 3.30 Everyday Gourmet. 4.00 GCBC. 4.30 Bold. (PG) 5.00 News. 6.00 Family Feud. 6.30 The Project. A look at the day's news. 7.30 The Living Room. 8.30 Hughesy, We Have A Problem. (M) Host Dave Hughes is joined by Judith Lucy, Rhys Nicholson, Jo Stanley and Peter Berner. 9.30 The Graham Norton Show. (M) Guests include Margot Robbie. 10.30 To Be Advised. 11.30 The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **2.30** Soccer. International Friendly. Australia v Norway. **5.00** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 1. Grand Prix of Qatar. Replay. From Losail International Circuit, Doha, Qatar. 9.30 Get Smart. (PG) 10.00 Reel Action. 10.30 Motor Racing. Formula 1. Round 1. Australian Grand Prix. Practice From Albert Park, Melbourne. **6.00** Hogan's Heroes. **6.30** MacGyver. After an experimental plane crashes in the Alps, MacGyver races a Soviet team to locate the wreckage. (PG) **8.30** Walker, Texas Ranger. A girl with Down's Syndrome is the only witness to Trent's stabbing attack, and the Rangers need her to identify the assailant. (M) 11.30 NCIS: Los Angeles. (M) 12.30 Home Shopping. **2.00** MacGyver. (PG) **3.00** Walker, Texas Ranger. (M)

ABC

6.00 News Breakfast, 9.00 ABC News Mornings. **10.00** Antiques Roadshow. 11.00 Think Tank.
12.00 News. 1.00 One Plus One.
1.25 Meet The Mavericks. (M)
1.55 Call The Midwife. (M) 2.55 Hatch, Match And Dispatch. (PG) **3.25** Doctor Who. (PG) **4.15** Pointless. **5.00** ABC News At Five. **5.10** The Drum. **6.00** Think Tank. **7.00** ABC News. **7.30**Gardening Australia. **8.30** Harrow.
(M) **9.25** Silent Witness. When a schoolteacher goes missing, Jack and Nikki find themselves at the centre of a media storm. (MA15+) 10.25 ABC Late News. 10.55 The Business. 11.10 Shaun Micallef's MAD AS HELL. (M) 11.40 Planet America. **12.25** Basketball. NBL. Grand Final. Game 3. 2.05 Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.40** Floogals. **5.55** The Hive. **6.00** Octonauts. **6.15** Peter Rabbit. **6.25** Go Jetters. **6.40** Dot. **6.50** Andy's Prehistoric Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. **8.30** Shaun Micallef's MAD AS HELL. (M) 9.00 Tonightly With Tom Ballard. (M) 9.30 Upstart Crow. (M) **10.00** The Thick Of It: Spinners & Losers. (M) **11.00** Red Dwarf. (PG) **11.30** The Office (PG) **11.50** 30 Rock. (PG) **12.10** Parks And Recreation. (M) **12.35** Tonightly With Tom Ballard. (M) **1.05** Red Dwarf. (PG) **1.35** The Office. (PG) **1.55** 30 Rock. (PG) 2.20 Parks And Recreation. (M) 2.40 News Update. 2.45 Close. **5.00** Lily's Driftwood Bay. **5.05** Arthur. **5.30** Curious George.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's Kitchen. **4.00** Poh's Kitchen. **4.30** Luke Nguyen's United Kingdom. **5.00** Luke Nguyen's United Kingdom. 5.30 Letters And Numbers. 6.00 River Cottage Australia. (PG) **6.30** News. **7.30** Railway Journeys UK. **8.05** Railway Journeys UK. **8.40** Homeland. (MA15+) **9.40** Movie: Braveheart, (1995) 12.55 Movie Escort In Love. (M) (2011) **2.40** Miniseries: The Secret. (MA15+) **3.35** Miniseries: The Secret. (M) 4.30 Food Lover's Guide **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **12.00** Movie: The Recipe. (M) (2010) **1.50** UnREAL. (M) **2.35** Cyberwar. (PG) **3.00** Australiana: Rage In The Cage. (PG) **3.35** Dateline. **4.05** The Mindy Project. **4.30** News. 4.55 If You Are The One. (PG) 6.10 The Classic Car Show. (PG) 7.00 Batman. (PG) 7.30 Batman. (PG) 8.00 Batman. (PG) 8.30 Adam Looking For Eve. (MA15+) 9.25 Atlanta. (M) 9.55 Queer As Folk. **10.50** The Handmaid's Tale. (MA15+) **11.40** The Handmaid's Tale. (M) **12.30** News. **12.55** Desus And Mero. (M) **1.20** Black Market. (M) **1.45** Ibiza: Spring Breakers In Europe. (MA15+) **2.35** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. 4.30 Sri Lankan Sinhalese News. **5.00** WorldWatch.

AUSTÂR.

MOVIES 8.30pm Get Out (2017) Thriller. Daniel Kaluuya, Allison Williams. (MA15+)

Premiere 8.30pm The Monuments Men (2014) War. George Clooney, Matt Damon. (M) Masterpiece 8.30pm Stepmom (1998) Drama. Julia Roberts, Susan Sarandon. (M)

GENERAL 6.30pm E! News. **8.30pm Fugitives.** (MA15+) Showcase 8.30pm It's Always Sunny In Philadelphia. (M) Comedy Channel

Romance

DOCUMENTARY 7.30pm Murder Made Me Famous. (M) Crime & Investigation 9.30pm Selling Houses Australia. Lifestyle Home 9.30pm Vet On The Hill. (PG) Lifestyle

SPORT 7.45pm Soccer. A-League. Round 24. Adelaide United v Newcastle Jets. Fox Sports 501

7.50pm Rugby League. NRL. Round 3. Wests Tigers v Brisbane Broncos. Fox

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.





Steam Cleaning and Pest Control Services for private and rental properties.

Truck Mount Machine ensures the best quality and drying time.



Ph: 3888 2104 M: 0419 718 231

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

74 ladies and 3 visitors braved the wet weather to attend our March monthly meeting.

Minutes of the previous meeting were read plus the Financial report. There was lively discussion on future topics including Charity for the year and the Easter raffle. The March birthday ladies cut their beautiful chocolate cake and it was enjoyed by everyone at morning tea.

Tuesday 20 March - Guest speaker, Diane Carter. Diane is a professional speaker who uses her reallife stories in showing how to use Mindset energy. She will focus on how to make the most of any situation and learning how to trust yourself.

St Patrick's Day themed Morning Tea.

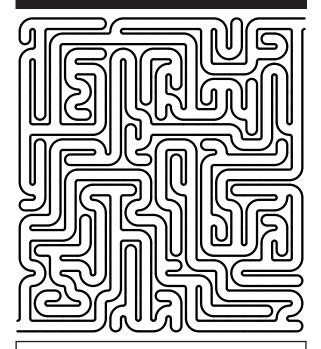
Tuesday 27 March - Lunch at the Lawnton Tavern.

Our meetings are open to all women in North Lakes/Mango Hill/Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

SUDOKU

5			6					
				3		7		6
2	8	6	1					9
				4	1	9		7
	9			6			4	
1		2	7	5				
8 3					7	6	5	3
3		7		8				
					6			4

AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

				_	-						-			
	Α	В	R	0	Α	D		Ν	Α	Р	Α	L	М	
	L		J		Ζ		Α		Τ		Ш		Α	
Α	F	Α	R		Α	С	С	Е	∟	Е	R	Α	Т	Е
	Α		Α		Е		Q		Α		1		Е	
S	L	Α	L	0	М		U	Ν	S	Т	Α	В	L	Ε
	F				ı		Α		Т		L		0	
М	Α	С	Α	D	Α	М	I	Α		W	I	L	Т	
			Ν				Ν				S			
	D	0	G	S		S	Т	Α	Т	U	Т	0	R	Υ
	R		Ε		F		Α		Н				0	
С	Α	L	L	S	I	G	Ν		I	Р	Ε	С	Α	С
	С		I		Α		С		R		R		D	
В	U	С	С	Α	Ν	Е	Е	R	S		Α	С	Н	Е
	L		Α		С		S		Т		Т		0	
	Α	S	L	Ε	Е	Р		С	Υ	В	0	R	G	

Crossword 6509

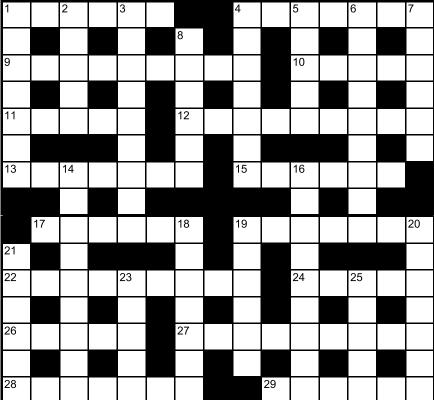
Cover star looks, page 31 crosswords by Laurie Stibbe

ACROSS

- 1 Witch's laugh
- 4 Old fashioned
- 9 American crocodile
- 10 Engagement
- 11 Footwear
- 12 Group travelling on horseback
- 13 Divine Egyptian beetles
- 15 Scottish male child
- 17 Ants, pismires
- 19 All the weapons of a country
- 22 Refrained from voting
- 24 Card game same as Tafferan
- 26 Leg between hip and knee
- 27 Praised vociferously
- 28 Voluntary self-punishment
- 20 Voluntary Sell-purishine
- 29 Newspaper boss

DOWN

- 1 Metal car body frame
- 2 Very large type of violin
- 3 Make laws
- 4 Reaching of destination
- 5 The whole amount
- 6 Statement of job cost
- 7 Resounded
- 8 Orderly piles
- 14 Fee charged for entry
- 16 Car instrument panel
- 18 Bathe in the sunshine
- 19 Kidnap
- 20 Wash clothing
- 21 Portable computer
- 23 Palefaced
- 25 Send money in payment



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- · Please resubmit your item in full when making alterations
- Entries updated every Thursday
- · Your submission will run ongoing until you notify us otherwise



HOW IS THE STATE PERFORMING?

Gold and Sunshine Coasts rule real estate roost

The beachfront markets of the Gold and Sunshine Coast, and Noosa, have finished 2017 with the strongest growth in the state, significantly outperforming Brisbane.

The Gold Coast delivered a gold medal performance, with the annual median house price growing by 7.7 per cent, to end the year on \$615,000.

The Sunshine Coast median house price grew 6.4 per cent to end the year at \$569,000 and Noosa grew 6.2 per cent to deliver an annual median house price of \$650,000, finishing the year just \$15,000 below Brisbane LGA median house price.

REIQ CEO Antonia Mercorella said Noosa was an area where demand was placing strong pressure on limited supply levels.

"This is an area that could do with more supply, but clearly the topography makes that challenging.

"Noosa's world-class beaches, stunning natural bushland settings and wonderful warm community are factors that are fanning the flames of buyer demand. It is inevitable that this will push up prices," she said.

The Gold Coast market has benefited from a strong local economy, a direct result of the infrastructure spend ahead of the Commonwealth Games.

Upward pressure on prices has seen some suburbs demonstrate explosive median house and median unit price growth.

Mermaid Beach is the Gold Coast's most expensive suburb for houses, with growth of 8.9 per cent delivering a median house price of \$1.56 million.

The Main Beach unit market grew a whopping 14.3 per cent and is the most expensive suburb to buy a unit, with a median unit price of \$720,000.

The Gold Coast is facing the tightest rental market in years, with vacancies at just 1.1 per cent. With significant supply still forecast to come onto the market

in the next 18 months conditions in the rental market are expected to ease in the post-Games period.

Comparing the three superstar markets of the Gold Coast, the Sunshine Coast and Noosa, with Brisbane LGA, we can see demand is stronger for beachside living.

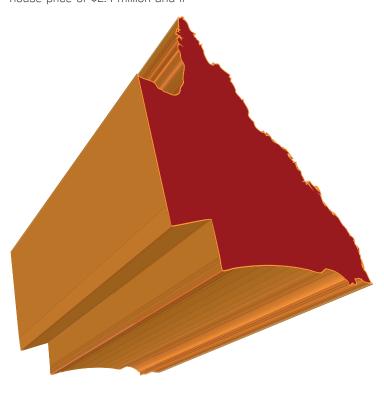
The Brisbane market grew a modest 2.6 per cent, to end 2017 with a median house price of \$665,000.

While growth levels elsewhere are enviable, Brisbane is the only market to have a \$2 million suburb, as Teneriffe stormed into the prestigious club of one. This tightly held suburb of around 400 houses ended 2017 with a median house price of \$2.4 million and if

a stroll. This region had a solid 2015 and began its slowdown in 2016, which has continued through 2017. The median house price grew a modest 1.4 per cent to \$355,000 in 2017 while the unit market slipped 1.3 per cent to end the year on \$305,000.

The Fraser Coast market has turned a corner and delivered 2.6 per cent growth to median house prices over the past 12 months, ending the year on \$316,000. This market has also grown almost 11 per cent since 2012, showing steady, reliable growth.

The median unit price continues to struggle and fell 2.4 per cent over the 12 months to December, finishing at \$255,000.



current growth levels continue, it's likely this area could reach an annual median of \$3 million next year.

Brisbane's second-most expensive suburb is New Farm, with an annual median house price of \$1.5 million. In a surprising twist, this market fell 4.4 per cent over the year, ending the year lower than it started.

The apartment markets in most parts of the state delivered a fairly subdued result over 2017, with the notable exception of the Gold Coast, which grew a hefty 3.7 per cent. This market continues to enjoy strong demand across both houses and units.

Rounding out the southeast corner, the Toowoomba property market's dream run is slowing to REIQ CEO Antonia Mercorella said there was clearly more confidence in the market as buyers returned to the a market that offered a beautiful coastal lifestyle.

"This is an area where buyers can be confident they will achieve capital growth over time and the market fundamentals are steady," she said.

Bundaberg has delivered a year of modest growth, adding 2.2 per cent to its median house price and finishing the year on \$285,000.

Gladstone's housing market continued to slip, contracting 13.9 per cent to a median house price \$280,000. This annual median house price brings Gladstone into line with similar regional towns, such as Bundaberg, and it is the hope that this might lead to a

a stroll. This region had a solid stabilisation of demand and the 2015 and began its slowdown median price.

The Rockhampton market is starting to see a more stable level of demand, with the median house price contracting just 1.9 per cent in 2017, to end on \$265,000. The market is 11.1 per cent below where it was five years ago, which is relatively modest when compared with markets such as Mackay, which is down 23.7 per cent on five years ago.

Buying a unit in Rockhampton remains a more expensive exercise than buying a house, with the median unit price ending the year 1.3 per cent below where it started, on \$295,000. This is \$30,000 more expensive than buying a house.

Mackay has finally started to demonstrate growing demand, with the market holding steady over the 12 months to December 2017. Anecdotal evidence has come from local agents all through the year suggesting the market was improving, but until now the data has not supported their assertions.

The Mackay annual median house price is \$325,000, based on more than 1000 transactions throughout the year. The unit price continues to struggle and fell almost 13 per cent in 2017, to finish on \$205,000.

The Townsville market slipped 2.5 per cent, to finish the year on an annual median house price of \$328,000. Townsville has recently had a drought-breaking drenching and the optimism in this northern city is palpable.

Ms Mercorella said it was possible the rain would have a positive impact on the property market.

"The optimism is very evident, the city has greened up and everyone is optimistic about the future," she said. "This could easily translate to increased buyer confidence," she said.

The Cairns house market was one of the standout regional performers with the median house price growing 3.8 per cent to end the year on \$410,000. The unit market fell 2.7 per cent.

Ms Mercorella said with a strong tourism sector, jobs growth had helped the property market perform well.





Steve McDade

Steve's family values are why his team are passionate and focused on the local community. Through negotiation and customer experience, the Steve McDade team delivers record sales because client's best interests always comes first.

Let our family look after yours.

Contact Steve today 0430 341 688









12 Nicklaus Parade, NORTH LAKES

Spacious open plan new kitchen with quality appliances

Solar heated 11m x 4m inground pool

Enormous living area with

8 Zoned reverse cycle air con

raywhitenorthlakesqld.com | raywhitemangohill.com

4 등 2 → 2 ⊜

Team Wilkie 0406 861 210 tony.wilkie@raywhite.com





RayWhite

Thinking of Selling? Darren Suhle

0400 197 529

raywhitenorthlakesqld.com | raywhitemangohill.com



\$949,000 Guide





20 Eureka Street, NORTH LAKES

Marble kitchen benches with touch hotplates

Spa with Gas Heating Full outdoor kitchen with Natural Gas

Ducted zoned air con

Full tiled pool & elevated bali

\$829,000 Plus Buyers

Elle Evans 0437 999 412 elle.evans@raywhite.com

4 등 2 → 2 向



19 Breakwater Court, **DECEPTION BAY** 5 👄 2 🗝 2 📾

SOLD by Elle Evans!

Thinking of Selling? Elle Evans

0437 999 412

raywhitenorthlakesqld.com | raywhitemangohill.com

raywhitenorthlakesqld.com | raywhitemangohill.com

THERE ARE TIMES WHEN TRANSPARENC **ISN'T A GOOD THING!**

WE BELIEVE TRANSPARENCY IS A GOOD THING

COMMISSION CAPPED

Our pricing structure, marketing and manag strategies are detailed, open and TRANSPAREN

bowmaker





19castlehilldrive.com

19 CASTLE HILL DVE, MURRUMBA DOWNS









EXCLUSIVE MARKETING AGENT

GEORGE "PATCH" PATSAVOURAS

Property Consultant

📘 1300 BOWMAKER | 🙀 bowmaker.tv/george



10pratincoleclose.com

10 PRATINCOLE CLOSE, MANGO HILL











GEORGE "PATCH" PATSAVOURAS

Property Consultant

📘 1300 BOWMAKER | 🙀 bowmaker.tv/george

bowmaker













6 Donnelly St Mango Hill

LUXURY FAMILY HOME WITH POOL

- * 4 bedrooms + study / 5th bedroom
- * 2.5 bathrooms
- * Resort-style inground swimming pool
- * Relaxed outdoor entertaining area
- * Luxury fittings throughout
- * Offers over \$749,000



1300 AQUA SELL = 1300 278 273

5 / 5 McLennan Court, North Lakes

www.aqua.eview.com.au



Janelle Stratford-Evans Ph: 0413 262 959



point of sale



wall graphics



one-way vision



laser cutting



billboards



graphic design

CALL US NOW! 1300 300 608 www.adsignz.com.au

advanced adsignz
Specialising In Large Format Digital Printing

Harcourts



20 Elkington Circuit North Lakes

Large Ex-Display with Quality Fixtures!

- * Freshly painted throughout
- * Open plan living and separate Media room
- * Large gas stove and oven
- * Ducted air con + ceiling fans to living areas
- Rinnai hot water controller
- Alfresco area with water feature
- * 450sqm fenced low maintenance property

For Sale \$590,000

Please call for your inspection

Kerry Marks M 0409 345 987

50LD



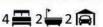


North Lakes 5 Senior Close Sold at List Price \$489,000



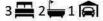


Sold at List Price \$569,000





Mango Hill 49 Park Vista Drive For Sale \$480,000



When the price counts, Kerry is right on the mark

Call me to list your home now

Kerry Marks M 0409 345 987



THINKING OF SELLING?



NEED A FREE APPRAISAL OF YOUR HOME?

Need to know how much is your house worth?

SELL WITH AN EXPERT & HONEST AGENT

LOW **COMMISSION**

NEED MORE LISTINGS!

No obligation & honest advice & appraisals Works in your best interest | 15 years experience

Call Bhupinder on 0415 33 33 77 @realty now!

BHUPINDER SINGH | 0415 33 33 77 | bhupinder@atrealty.com.au



www.atrealty.com.au

when you're ready...



BUILDING YOUR BUSINESS

IS CHILD'S PLAY



Large colour: \$366* Large b/w: \$266*

*for a 10 week block

WHEN YOU ADVERTISE IN

YOUR LARGE LISTING HERE

Small Colour: \$233* Small b/w: \$133*

*for a 10 week block

YOUR SMALL LISTING HERE



Call 0488 112 822 or email adz@northlakesmessenger.com.au www.northlakesmessenger.com.au

TRADES & **SERVICES**

DIRECTORY

ADVERTISING/DESIGN/PRINT



ALTERATIONS

ABN: 11 822 902 462 April's Customised Clothing Need fast reliable Alterations?

Call April 0419 433 607

After Hours Service

Free Pick Up & Delivery in North Lakes

CARPET CLEANING





CLEANING





House/Office Cleaning Service

North Lakes/ Mango Hill

Very experienced to make your life easier at affordable prices.

For A free quote ring Robyn

on 0417 792 097 or 07 3073 5639

COMPUTER SERVICES



Mark Hegarty - Computer Consultant



FREE Quotes
No Call-Out Fee
Competitive Price

rofessional service and advice in both business and domestic computing

20 years' experience in the IT industry

Ph: 0432 108 900

\$23.30 inc GST a week!

CONCRETING

NORTHSIDE CONCRETING

◆ Driveways ◆ Paths ◆ Shed Slabs ◆ Exposed No job too small FREE QUOTES 0411 647 800

ELECTRICAL



Call Bob 0422 895 517 For all your electrical, air conditioning and communication solutions







GOLF & GOLF SUPPLIES

Fully Stocked Professional Golf Shop Demo Clubs & Club Fitting Days (try the latest equipment) quaran "Home for JUNIOR GOLF" rivers Free kids Coaching & On course games

THE PROSH<mark>op P:07 32853130 E:nicktonga69@gmailcom</mark>

HANDYMAN/MAINTENANCE





Skips At Competitive Rates/Local Family Business

1300 659 660 www.skip-it.com.au

Handyman

Retired Builder, Carpentry and Security, No jobs too small

Ph 0439 772 661

only

HOME IMPROVEMENTS

ROOF REPAIRS

Leaks / Re-bed / Point / Change broken tiles Pressure cleaning (roofs, driveways, patios) Solar panel cleaning / Whirly birds Roof inspections / Gutters cleaned \$3300

Honest & reliable Josh: 0414365475

LAWN MOWING





Freddy's Mowing & Gardening Ph: 0434 886 259

Servicing the local area for over 9 years





PRE-PURCHASE TIMBER PEST INSPECTIONS TERMITE INSPECTIONS & TREATMENTS GENERAL PEST CONTROL

PMT13907 & QBCC 131420 FAMILY OWNED & OPERATED

Call Dave Rodwell on 0433810166 E: rodwell.dave@yahoo.com.au



Whether you have a job that's BIG or small, you'll find the right person for your needs here!

PETS



PLUMBING



✓ CCTV camera drain inspections ✓ Hydro jetting, drain blockage clearing ✓ Taps, Toilets, Hot water, Leaks ✓ Rainwater tank / pump repairs ✓ No call out fee for North Lakes & Mango Hill residents
✓ Free quotes

Steve: 0468 346 006

admin@lakesideplumbingqld.com

BSA: 1165842

POOLS



Call us today 131 546

cleaning • maintenance • equipment • sales installations • repairs • heating • blankets • training





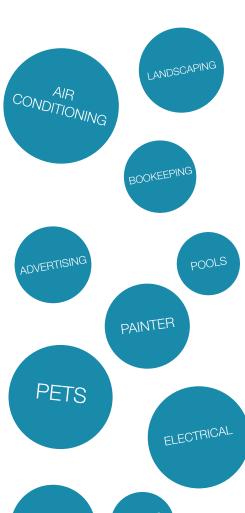
CALL Mitchell on M 0410 139 525 WE COME TO YOU

TUTORING



TV/ANTENNA/CABLE/VIDEO





PEST

TILING

PLUMBER **COMPUTERS**

For over a decade, The Messenger has been your source of trusted businesses who service our local community.

When you're looking for the right expert for whatever job you need done, our Trades & Services Directory is the place to find them!

Trades & Services **Directory Pricing**

Large colour: **\$366** inc GST

Large b/w: **\$266** inc GST

Small colour: **\$233** inc GST

Small b/w: **\$133** inc GST

> Each price includes 1 ad placed once a week for 10 weeks







ROTHWELL

439-443 ANZAC AVENUE, CALL **3897 8800** OR VISIT **HARVEYNORMAN.COM.AU**

Harvey Norman® stores are operated by independent franchisees. Ends 31/12/18.

*1. Offer only applies to new customer purchases of \$5000 or more made between 01/01/18 and 31/12/18 and paid in full in one transaction. No split deliveries allowed. Spend \$5,000 - \$7,499 on Participating Products and receive 5% off; Spend \$7,500 - \$9,999 on Participating Products and receive 7.5% off; Spend \$10,000 or over on Participating Products and receive 10% off. Offer does not apply to damaged, display, ex-display or run-out models. Terms and conditions apply, see in store for details.